

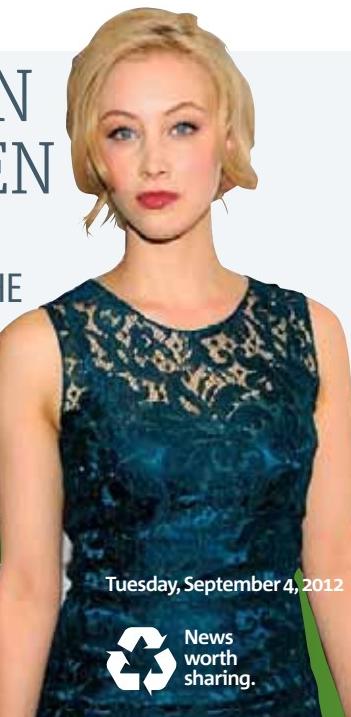


Some cheese with that chicken?

Baked breast topped with tomato and three cheeses of your choice PAGE 22

NEW WORLD ON A SMALL SCREEN
ACTRESS SARAH GADON HAS NO REGRETS MOVING FROM THE BIG SCREEN TO TELEVISION

PAGE 22



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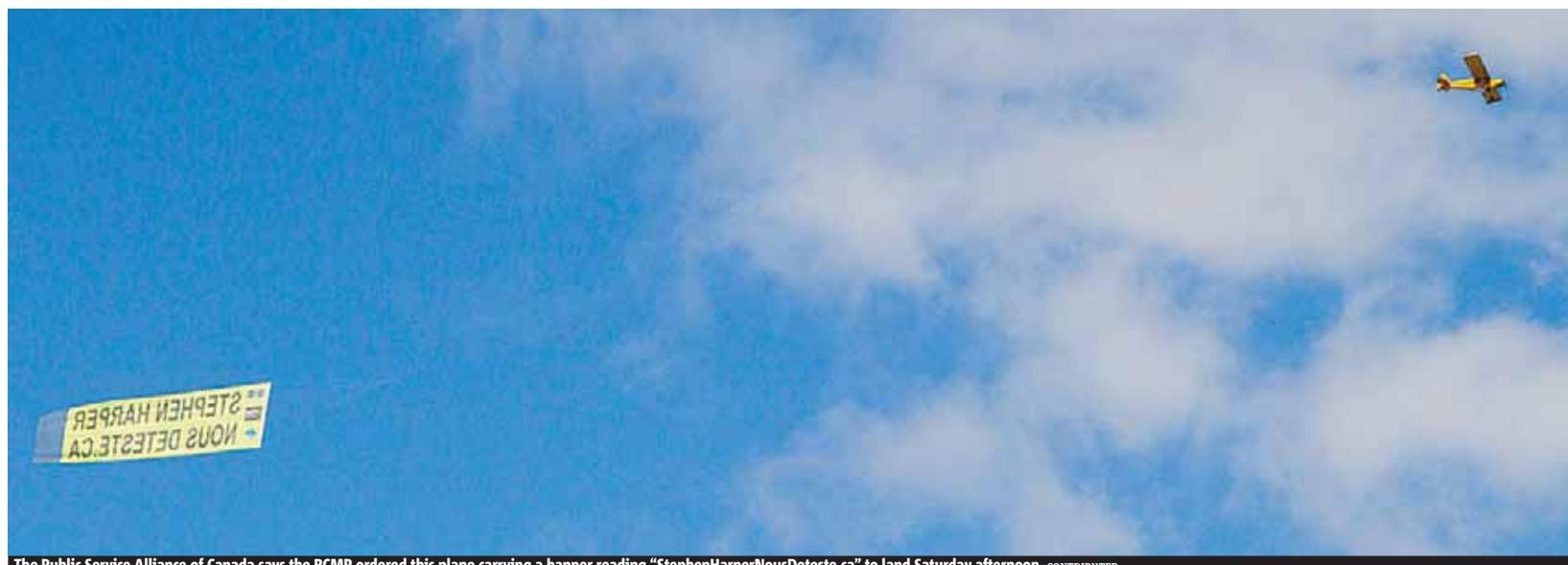
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Tuesday, September 4, 2012

News worth sharing.



The Public Service Alliance of Canada says the RCMP ordered this plane carrying a banner reading "StephenHarperNousDeteste.ca" to land Saturday afternoon. CONTRIBUTED

RCMP ground protest plane

Reaction. Move sparks censorship accusations



JOE LOFARO

joe.lofar@metronews.ca

The RCMP ordered a plane sporting a message critical of Prime Minister Stephen Harper to land at the Rockcliffe Airport Saturday, the

Public Service Alliance of Canada said Monday.

The RCMP says officers made a mistake and thought the plane was flying in the restricted zone of Parliament Hill. NAV Canada confirmed Monday the plane did not stray into the restricted area.

RCMP A Division spokeswoman Cpl. Lucia Shorey initially denied the federal police force ordered the plane

down, but she later contacted Metro, saying new information had come to light.

"The RCMP is mandated with protection of Parliament Hill. The plane was perceived to be flying in the restricted airspace," she said. "As such the RCMP requested the plane to land and we undertook questioning of the pilot involved to determine if there was any threat. It was deemed there

was not a threat."

A PSAC news release said the banner attached to the plane read "StephenHarperNousDeteste.ca," which translates to "StephenHarperHatesUs.ca" in English.

The banner had been flown over Montreal and other Quebec communities over the past two weeks, the release said, as part of the union's We Are All Affected campaign.

"Had the RCMP been concerned about the plane's potential route, it could have easily communicated with the pilot via radio and sought clarification rather than ordering it back down to the airport," the release said.

"The PSAC believes that the RCMP terminated the flight for political reasons due to the banner, without taking the proper steps to adequately assess the situation."

Asked about accusations that the incident was politically motivated censorship, Shorey said the grounding of the plane had nothing to do with the banner it was flying. She said any officer could make the judgment call that the plane was in the restricted zone.

WITH FILES FROM SEAN MCKIBBON

Pilot's reaction (page 3)

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Flight cut short

Pilot felt 'harassed' by RCMP for anti-Harper banner

The pilot who was grounded by the RCMP on Saturday after his plane carried an anti-Harper banner says he was harassed by the officers who questioned him at the Rockcliffe Airport.

Gian Piero Ciambella, owner and chief pilot of Aerogram Media, a Quebec-based aerial-advertising company, said RCMP officers thought he breached restricted airspace because his banner was "very big, very visible" from Parliament Hill.

"According to them, they thought I went through the restricted airspace (but) NAV Canada would have told me if I did."

"I was aware of that space even before I came here," said Ciambella.

He said his flight over Gatineau and Ottawa was supposed to last about three hours, but it was cut short just before two hours had passed when he was instructed to land at the Rockcliffe Airport.

He said RCMP asked him who he was and what company he worked for.

"I'm earning an honest living and I'm being harassed, as far as I'm concerned," he said. "They considered that a hatred message toward Stephen Harper. They don't want me in Ottawa with that message."

Julie Vaux, press secretary with the prime minister's office, said in an email to Metro, "Any accusations the RCMP was politically directed is absolutely false and misleading."

JOE LOFARO/METRO



Union members march down Elgin Street for the annual Labour Day Parade in Ottawa on Monday. ALEX BOUTILIER/METRO

Hundreds march in Labour Day Parade

Turbulent backdrop.
Annual event takes place as province signals wage freezes are on the horizon



ALEX BOUTILIER

alex.boutilier@metronews.ca

Hundreds of union members, labour organizers and supporters marched down Elgin Street in Ottawa's annual Labour Day Parade Monday.

The parade is every bit as relevant today, according to Ottawa and District Labour Council president Sean Mc-

Kenny, as it was in 1872, when Ottawa's first such march took place.

"I think workers always have to do that. I think they always have to stand front and centre and say, 'You know what? We contribute a lot to our community,'" McKenny said.

"We continually have to remind folks about that, and that's why we'll continue to have a Labour Day where you have a pile of workers that are marching together as one."

One might have expected the march to take on a special significance this year, with Ontario teachers in a labour dispute with Premier Dalton McGuinty's government over

Quoted

Labour Day is meant "to try and impress upon folks that working people are their next-door neighbours. Working people are them."

Sean McKenny, Ottawa and District Labour Council

legislation that will freeze wages for two years.

The legislation would also give the provincial government the ability to ban strikes and lockouts for at least two years. McGuinty signalled other public-sector

workers could be next, telling reporters the government will be "relentless" in its efforts to reduce a \$15-billion deficit.

"We've got to take a look at the broader public sector, but I'm making it clear we're coming, we're coming, we're coming," McGuinty said Friday. "We intend to freeze compensation."

McKenny said while he's definitely concerned about that issue, Labour Day is more about celebrating workers' achievements.

"Certainly that's a sore point for us, there's no question about it," he said. "(But) there may be something else next year."

WITH FILES FROM THE CANADIAN PRESS

1 NEWS

Mobile news



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101 Week, a.k.a. frosh week, amps up student spirit

JOE LOFARO
Metro



1

1 The battle arena. Students unleash their inner gladiators

Two science students duke it out gladiator-style at the University of Ottawa campus on Monday.

2 T-shirt graffiti. Scholars leave their mark on clothing

A man signs another student's T-shirt outside Simard Hall during another day of frosh week at the University of Ottawa.



2



3

3 Ready to rumble. Students arrive for annual festivities

Arts students arrive at the parking lot beside Simard Hall on Monday to take part in frosh-week activities.

4 Changing colour. Future engineers build purple pride

Engineering students Jordan Bussanich, Simon Perrault, Sara Benedet and Hayward Peirce show off their purple skin during frosh week at the University of Ottawa on Monday.



4

'Get involved and get out there'

For the first-year students at the University of Ottawa, Monday was prime time to let loose, make new friends, and enjoy that last bit of sunshine before their first batch of lectures begin on Wednesday.

This year's 101 Week, a.k.a. frosh week, was in full swing across the downtown campus and some first-year students saw it as an opportunity to connect with each other.

"It's just a lot of fun and you get to meet new people because, especially during

the first week, it's kind of intimidating, but they make it a lot easier for everybody," said Raphaella Do Carmo, 18, a first-year international development student who moved from Toronto. "The carnival seems like a great way to meet people and have fun."

It wouldn't be 101 Week without shenanigans. Wes Manley and his partner in crime, Robert Parsons, both first-year engineering students, said they ambushed

a group of arts students with water balloons.

"Everything that you do here is only appropriate during this week," said Parsons. "The engineers are absolutely crazy."

The 101 Week guides used Monday to tell first-year students to not be afraid to introduce themselves to others and make new friends.

"Get involved and get out there," said Kristen Learned, a second-year communication student.



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How else have they been misleading you?

A Quick Back-To-School Quiz

Teachers refuse to negotiate.

TRUE FALSE

We have said to the minister on many occasions that we are ready to negotiate if the process is fair and all issues are on the table.

All the government is asking teachers for is a two-year pause in their salaries.

TRUE FALSE

It's not a pause. It's a two-year pay cut with permanent cuts to negotiated benefits. The government is threatening more cuts in 2014.

If the government doesn't legislate contracts, teachers will receive a 5.5% wage increase.

TRUE FALSE

Only 40% of teachers will receive an increase – those who do, have earned it for additional qualifications through courses that they paid for or are newer teachers still gaining experience.

The government respects collective bargaining rights.

TRUE FALSE

Bill 115, the government's teacher contract law, ignores existing collective bargaining and human rights legislation, imposes contracts, and takes away the right to strike.

If the government succeeds in taking away bargaining rights from education workers, they can do it to anyone.

ETFO members want fair collective agreements, good schools, and resources that meet the needs of their students.

TRUE FALSE

For more information go to www.etfo.ca/WelcomeBack

A message from the Elementary Teachers' Federation of Ontario



Input. A chance to tell the man what you think of the city's Official Plan

Ottawa residents will have a chance to weigh in on the municipality's Official Plan this fall — possibly from the comfort of their computer keyboard.

Public consultations on the Official Plan review, as well as reviews of the Transportation Master Plan and Infrastructure Master Plan, will begin in November. In addition to "large-scale, city-wide events" planned for that month, city staff are looking to embrace less traditional consultation methods.

"Members of council have expressed an interest in en-

suring that these plan reviews reach out to a broad cross-section of Ottawa's residents," reads a report coming before Ottawa's Transportation Committee on Wednesday. "As such, the public consultation plan is supported by traditional, web-based and social media strategies."

This will be the third such review since the city's amalgamation in 2001. The public consultation component is expected to take a year, with municipal council being asked to approve revisions to the Official Plan in December 2013.

ALEX BOUTLIER/METRO

City hall. Changes proposed to Richmond/Westboro Transportation Plan

The city's Transportation Committee is being asked to leave minor changes to the Richmond/Westboro Transportation Management Plan to a senior bureaucrat.

A report coming before the committee on Wednesday asks councillors to add a clause that would allow the general manager of Planning and Infrastructure Growth to make minor changes to the plan.

The report states the changes would be "minor additions or deletions" to the plan, as well

as the ability to change "phasing." More significant changes to the plan would still require the approval of the committee.

The report noted a recent situation at the Centre Jules-Léger, a school for the deaf and blind, where residents were using the school grounds as a short cut. Provincial and city representatives agreed on a new fence to curb the behaviour, but because the project wasn't listed in the plan, no funding could be dedicated to it.

ALEX BOUTLIER/METRO

Gatineau

Vandals damage graveyard

Vandals toppled as many as 86 headstones at the St. François de Sales Cemetery in Gatineau on Labour Day weekend.

Police believe the headstones were knocked down between Saturday night and Sunday morning.

Non-life threatening

Man in hospital after stabbing

A Gatineau man in his 50s was hospitalized Monday with non-life-threatening stab wounds, police said. Police were called to an apartment building at 75 Moreau St. around 3:15 p.m. At press time police said no arrests had been made.

METRO



Police tape surrounds the wrecked home on Carruthers Avenue Monday. JOE LOFARO/METRO

Man rescued from blaze in Hintonburg

Good Samaritan.

Neighbour rushed in to pull victim from burning home



JOE LOFARO
joe.lofaro@metronews.ca

A man who was rescued from a burning building has a 25-year-old man to thank for saving his life.

Ottawa Fire Services said the young man pulled a 56-year-old man out of a two-

Quoted

"If it wasn't for him, God knows what would have happened!"

Landlord, name withheld, speaking about the young man who pulled another neighbour to safety

storey duplex at 138 Carruthers Ave. that was on fire Sunday evening. The fire started in the kitchen, Ottawa Fire said, and was extinguished by 6 p.m.

When paramedics arrived, they treated a 56-year-old man for second degree burns to his arms and shoulders

and first degree burns to his face.

The Ottawa Paramedics Service said he was sent to hospital in the burn centre in serious, but stable condition.

The landlord for the property refused to give his name to Metro, but said he's known the victim for

at least 10 years. He said he was out of town at the time of the blaze. He credited the younger man with saving his tenant's life.

"If it wasn't for him God knows what would have happened," the landlord said.

The landlord said houses on the street are all 100 years old or more.

Damages to the house and its contents are estimated at \$110,000.

Follow Joe Lofaro on Twitter @giuseppello



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ALGONQUIN COLLEGE | LANGUAGE INSTITUTE

Cancer ride. Cyclist aiming to raise \$100k

Diane Klich was sitting on the fence about whether she was up to the gruelling task of cycling across the country to raise money for childhood cancer research, when she happened to email an old friend who lives in New York City to say happy new year.

The most she had ever cycled then was 60 kilometres, riding at about 20 km/h. And, with no fundraising experience, the minimum \$25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: His two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto. "None of my fears could be as big as theirs were at that moment, so I just decided to sign up. At that moment I applied."

Klich will depart on the 17-day journey from White Rock, B.C., with more than 50 other cyclists from across the coun-



Diane Klich will depart White Rock, B.C., on the cross-country Sears National Kids Cancer Ride Wednesday.
KATE WEBB/METRO

try on Wednesday.

Her ambitious goal is to raise \$100,000 through donations and in-kind sponsorships. As of last week, she had collected \$60,000 in sponsorship money from Metro and another \$10,000 in cash donations from Joy Fehily.

The riders will arrive in Halifax Sept. 21 after completing the 7,000-km journey.
KATE WEBB/METRO IN VANCOUVER

Health. N.S. university steps up fight against student binge drinking

Underage frosh looking for a buzz stronger than that free-from-home feeling are up against new rules at Acadia University.

Efforts to quash binge drinking at the school in Wolfville, N.S., escalated after the alcohol-related death of a 19-year-old student last September. A comprehensive alcohol policy went into effect this week, as students across Canada ditch the high school

label and get their first taste of dorm life.

Acadia banned boozing in dorm rooms during orientation week, prohibited making "trophies" out of empties and put limits on the amount of alcohol a student can stockpile.

Students of legal drinking age are allowed to drink in residence, but in designated, supervised lounges.

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Green Mile star Duncan dead at 54

L.A. Actor suffered heart attack in July

Michael Clarke Duncan, the prolific character actor who earned an Oscar nomination for his performance as a death-row inmate in The Green Mile, is dead at age 54.

Clarke died Monday morning at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, reality TV personality Rev. Omarosa Manigault, in a statement released by publicist Joy Fehily.

The muscular, six-foot-four Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time. Celebrations of his life, both private and public, will be announced at a later date."

This past spring, Clarke had appeared in a video for PETA, the animal-rights organization, in which he spoke of how much better he felt since becoming a vegetarian three years earlier.

"I cleared out my refrigerator, about \$5,000 worth of meat," he said. "I'm a lot healthier than I was when I was eating meat."

Duncan had a handful of minor roles before The Green Mile brought him an Academy Award nomina-



Actor Michael Clarke Duncan shows off two awards for the film The Green Mile at the 27th annual People's Choice Awards in Pasadena, Calif., in 2001.

MICHAEL CAULFIELD/THE ASSOCIATED PRESS

tion for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as a corrections officer at a penitentiary in the 1930s. Duncan played John Coffey, a convicted murderer with a surprisingly gentle demeanour and extraordinary healing powers.

His performance caught on with critics and moviegoers and he became a favourite in Hollywood, appearing in several films a year. He owed some of his good fortune to Bruce Willis, who recommended Duncan for The Green Mile after the two appeared together in Armageddon.

Resumé highlights

- The Green Mile
- Armageddon
- Breakfast of Champions
- The Whole Nine Yards
- Sin City
- Talladega Nights
- School for Scoundrels
- Kung Fu Panda

Born in Chicago in 1957, Duncan was raised by a single mother whose resistance to his playing football led to his deciding he wanted to become an actor. But when his mother became ill, he dropped out of college and worked as a ditch digger and bouncer to support her.

By his mid-20s he was in Los Angeles, where he looked for acting parts and became a bodyguard for Will Smith, Jamie Foxx and other stars. The murder of rapper Notorious B.I.G., whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full-time.

Early film and television credits, when he was usually cast as a bodyguard or bouncer, included Bulworth, A Night at the Roxbury and The Players Club.

THE ASSOCIATED PRESS



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Mom explains choice to share suicide video

Images. Commission probing how military handled Langridge's suicide played video during hearings

Sheila Fynes couldn't sleep most nights this summer, wondering whether she made the right decision in allowing a public inquiry to view a 34-minute military police video of her son's lifeless body hanging from a chin-up bar in his barracks.

The graphic, disturbing images of Cpl. Stuart Langridge, were never released to the news media, but the commission investigating the military's handling of his suicide played it in public, as part of a series of hearings last spring.

His mother and step-father, Shaun Fynes, wrestled with the question of showing the video almost up until the day it was played.

Langridge hanged himself on March 15, 2008, and his body was left in place for four hours while investigators documented and searched through everything in the room. The video sometimes zoomed in on his head and face.

Sheila Fynes said that "at first, we said: No, we don't want anybody ever to see that.... But then (after) dis-



A photo of Cpl. Stuart Langridge is seen along with his beret and medals on a table as his mother, Sheila Fynes, speaks during a news conference on Parliament Hill in Ottawa in October 2010. ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"What has surprised me the most is the levels Justice lawyers have gone to try and paint a very damning picture of our son."

Sheila Fynes,
Cpl. Stuart Langridge's mother

cussions with our lawyer (and) between ourselves, we decided there would be no better way for the chair to understand our allegation of the total disrespect shown to Stuart in his death, than for him to see it."

The Military Police Complaints Commission hearing

into the Afghan vet's death resumes Wednesday, with testimony from Sheila Fynes.

In the coming weeks, the commission will put under the microscope not only the Defence Department's handling of the Langridge case, but also how it copes with soldiers suffering from mental illness and post-traumatic stress.

The Defence Department refutes the claim Langridge suffered from post-traumatic stress disorder, or PTSD, following a stint in Afghanistan. The doctor who made the diagnosis will testify soon, along with military police investigators that are the subject of the complaint.

THE CANADIAN PRESS

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Dialogue with Syrian rebels not on Assad's wish list

Syrian conflict.

President Bashar Assad's regime says there will be no talks before rebels are crushed

The Syrian regime said Monday there will be no dialogue with the opposition before the army crushes the rebels, the latest sign that President Bashar Assad is determined to solve the crisis on the battlefield even if many more of his people have to pay with their lives.

The statement comes a day after activists reported that August was the bloodiest month since the uprising began in March 2011.

"There will be no dialogue with the opposition prior to the Syrian army's imposition of security and stability in all

Violence continues

In the latest violence on Monday, activists said more than 100 people were killed — many of them in two air raids that knocked out large parts of buildings in the northern province of Aleppo.

- Air attack. Government warplanes bombed the town of Al-Bab, killing at least 19 people, and the Aleppo neighbourhood of Myasar, where 10 people, including four children, were killed.

parts of the country," Information Minister Omran al-Zoobi told reporters at a news conference in Damascus.

The opposition has long rejected any talks with the regime until Assad is removed from power.

Muhieddine Lathkani, an opposition figure based in Britain, responded to the minister's comments by saying "the key to any dialogue will be the departure of Assad and dismantling of the regime's security agencies that committed all these crimes."

Lathkani told The Associated Press by telephone that after that happens, there could be a dialogue.

Earlier in the day, the new UN envoy to Syria acknowledged that brokering an end to the civil war will be a "very, very difficult" task.

Activists on Sunday said some 5,000 people were killed in August, the highest toll in the 17-month-old uprising and more than three times the monthly average.

At the same time, the UN children's fund, UNICEF, said 1,600 were killed last week alone, also the highest figure for the entire revolt.

THE ASSOCIATED PRESS



Turks protest recent killings

Thousands of protesters took to the streets in Ankara, Turkey, on Sunday to condemn terrorism. A Turkish official said Kurdish rebels have attacked security posts in the town of Beytussebap, Turkey, near the border with Iraq late Sunday, killing nine security personnel. THE ASSOCIATED PRESS

Raid

Indonesia tackles separatists

Indonesian police have arrested a suspected separatist leader and two aides in a raid in the eastern province of Papua.

THE ASSOCIATED PRESS

Uranium enrichment

Foreign leader gets tour of Iranian plant

Iran on Monday gave Mongolia's president a tour of its main uranium-enrichment plant, the first time that it has opened the site to a foreign leader.

THE ASSOCIATED PRESS

Middle East

Church faces trouble in Gulf

Hardline Sunni clerics have strongly opposed the construction of a Roman Catholic church complex in the Persian Gulf country of Bahrain, in a rare open challenge of the country's Sunni king. THE ASSOCIATED PRESS



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Europe's Beauty Secret

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Romney's vision like watching TV in black and white: Obama

Working it. Democrats deliver economic message in key swing state; Republicans characterize Obama as a failed president

Barack Obama on Monday laid out the theme his party will hammer home at the Democratic National convention this week, declaring that Republican challenger Mitt Romney wants to lead the U.S. with failed and outdated ideas that harken to the last century.

Obama was speaking in a pre-convention campaign swing to members of the United Auto Workers Union in Toledo, a city like many in Ohio where the economy is heavily dependent on the auto industry. Obama injected that industry with huge amounts of government money in the earliest days of his administration, preventing General Motors and Chrysler Corp. from likely going out of business and laying off more than one million workers.

Romney opposed the auto bailout and accuses Obama of profligate government spending that Republicans contend has done little to lift the country out of the economic morass after the Great Recession and near meltdown of the country's financial system, events that date to the presidency of Republican President George W. Bush.

The Republicans showed their political arguments last week during their convention in Tampa, Fla., where Romney was officially nominated. The theme of that gathering: Obama is a failed president.

The Democrats are fighting back. Obama said on Monday that watching the Republicans was like seeing an old television program in black and white.

Ohio is perhaps the most critical state for both candidates on Nov. 6, Election Day. It is one of seven so-called swing states, which will determine the outcome of the vote. Those states do not reliably vote for the presidential candidate of one party or the other.

As Obama issued a rousing call for the support of working men and women on Labour Day, his campaign surrogates were trying to put their economic message back in positive territory.

The campaign was trying to recuperate after a weekend in which key Democrats acknowledge Republican claims that Americans are not better off four years after the president



U.S. President Barack Obama waves to supporters after speaking at a campaign event at Scott High School Monday in Toledo, Ohio.

TONY DEJAK/THE ASSOCIATED PRESS

swept into the White House on a message of hope and change.

From Toledo, Obama planned to travel to Louisiana to meet emergency personnel who have been labouring to restore power and tend to thousands of evacuees from flooded lands in the aftermath of Hurricane Isaac last week.

Romney, meanwhile, said the Labour Day holiday marked "another day of worrying" for too many Americans anxious about finding a job.

Romney hit the economic theme hard in a statement marking Labour Day as "a chance to celebrate the strong American work ethic" adding: "For far too many Americans, today is another day of worrying when their next paycheque will come."

Obama's backers were up early to try a morning do-over of his supporters' less-than-rosy answers Sunday when asked to answer the classic

campaign question: Are Americans better off than they were four years ago?

"Absolutely," said Stephanie Cutter, Obama's deputy campaign manager, speaking on NBC television. "By any measure the country has moved forward over the last four years. It might not be as fast as some people would've hoped. The president agrees with that."

Martin O'Malley, Maryland's Democratic governor, had answered the same question with a "no" on Sunday before turning the blame to Bush. Appearing Monday on CNN, O'Malley tried a more positive turn of phrase, saying, "We are clearly better off as a country because we're now creating jobs rather than losing them. But we have not recovered all that we lost in the Bush recession. That's why we need to continue to move forward" under Obama.

THE ASSOCIATED PRESS

According to the pollsters

- Polls show the close race between two candidates with polar-opposite political philosophies, especially on the economy, depends on who can convince a majority of voters they can lead the U.S. out of the stubborn economic doldrums, a weak recovery from the recession and 8.3 per cent unemployment.
- But most Republicans blame Obama for failing to turn things around during his first term.
- Romney, polls show, is favoured as the best candidate to handle the economy, although Obama is seen as the more likable choice.

fault Obama's predecessor, George W. Bush, as author of the economic malaise.

- Those polls show most Americans continue to

Muslim cleric accused of planting evidence on mentally challenged girl

Pakistan. Member of mosque says Qur'an pages were put in girl's bag to make it seem like she burned holy book

Pakistani police are investigating whether a Muslim cleric who allegedly tried to frame a Christian girl for blasphemy should be charged with insulting Islam himself and potentially face life in prison, a police officer said Monday.

Khalid Chisti was arrested Saturday after a member of his mosque accused him of stash-ing pages of a Qur'an in a Christian girl's bag to make it seem as if she had burned the Islamic holy book. He allegedly planted the evidence to push Christians out of his neighbourhood in Islamabad. He has denied the allegations.

The case has generated significant international attention because of reports that the girl is as young as 11 and is mentally handicapped. She has been held in prison for over two weeks, and will remain there until at least Friday after

her bail hearing was postponed for a second time Monday, said her lawyer, Tahir Naveed Chaudhry. The court adjourned the hearing until then because of a lawyers' strike, he said.

Police registered a blasphemy case against Chisti on Monday for allegedly desecrating the Qur'an, said police officer Munir Jaffer. If he is charged by a court and convicted, he could face life in prison, said Jaffer.

A separate section of Pakistan's blasphemy laws says insulting Islam's Prophet Muhammad carries the death penalty.

Police are also contemplating levelling additional charges against Chisti, such as fraud, planting evidence and making false allegations, said Jaffer.

Police arrested the girl from her neighbourhood in Islamabad over two weeks after an angry mob of several hundred appeared at a local police station, demanding action against her for alleged blasphemy. Police said at the time that they took her into custody partly to protect her from potential harm.

People accused of blasphemy, even those who aren't

Blasphemy laws

- Human-rights activists have long criticized Pakistan's harsh blasphemy laws, saying they are misused to persecute non-Muslims and settle personal vendettas. They have hailed Khalid Chisti's arrest as unprecedented and hope it will prevent false blasphemy accusations in the future.

convicted, often face vigilante justice by outraged Pakistanis. A Pakistani man accused of blasphemy in July was dragged from a police station in the centre of the country, beaten to death and his body set on fire.

Christians in the girl's neighbourhood left the area en masse as soon as the accusations surfaced, fearing retribution from their Muslim neighbours.

The girl's supporters say she is 11 years old and has Down syndrome; a medical board said she was about 14 and that her mental age didn't match her physical age.

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Monsoon over Mumbai

A worker pulls his cart through a flooded street during monsoon rains in Mumbai, India, on Monday. The monsoon rains, which usually hit India from June to September, are crucial for farmers whose crops feed hundreds of millions of people. RAJANISH KAKADE/THE ASSOCIATED PRESS

Kenyan cleric charged after deadly protests

A cleric who the UN says has urged the killing of U.S. citizens has been charged in court with inciting violent protests that left four people dead last week in Kenya's second-largest city.

Abubaker Shariff Ahmed appeared before the court

Monday in the port city of Mombasa after an arrest warrant was issued. He denies the charges.

Violent protests erupted in Mombasa last week following the assassination of hard-line Muslim preacher Sheik Aboud Rogo Mohammed, a

close friend of Ahmed's.

Both men were under a travel ban and asset freeze by the UN Security Council and the United States for supporting the al-Qaida-linked Somali militant group al-Shabab.

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Feuds may threaten church empire

Death of a leader.

Future of Unification Church questioned after passing of South Korea's Sun Myung Moon

Unification Church patriarch Sun Myung Moon leaves behind children who have been groomed to lead a religious movement famous for its mass weddings and business interests — if family feuds don't bring down the empire.

Moon, the charismatic and controversial founder of the church, died Monday at age 92 at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, two weeks after being hospitalized with pneumonia, church officials said.

Flags flew at half-mast at a Unification Church in Seoul as followers trickled in, some wiping away tears as they wondered what would happen to a movement defined for decades by the man who founded it in 1954.

The Rev. Moon and wife Hak Ja Han have 10 surviving children and in recent years, the aging Moon had been handing power on the church's reli-

One of the successors



Rev. Hyung-jin Moon AP FILE

Key to the church's religious future is the Rev. Hyung-jin Moon, the U.S.-born 33-year-old who was tapped to succeed his father several years ago to serve as head of the church.

- Known as "Sean" back at Harvard, where he studied, he is more fluent in English than Korean and has signs of his father's charisma but with an American sensibility.
- His sermons, delivered in English, are designed to appeal to the next generation of "Unificationists."

gious, charitable and business entities to them.

But there have been reports of family rifts. One son sued his mother's missionary group in 2011, demanding the return of more than \$22 million he claimed was sent without his consent from a company he runs to her charity. His mother's group eventually returned the money after court mediation.

Church officials said the son, known as Preston, is no longer in charge of any church operations.

THE ASSOCIATED PRESS



A woman pays respect to the Rev. Sun Myung Moon at a Unification Church in Tokyo on Monday. Moon, the self-proclaimed messiah who founded the church, died on Monday at a church-owned hospital near his home in Gapyeong County, northeast of Seoul, church officials said. He was 92. KOJI SASAHARA/THE ASSOCIATED PRESS

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Why did the chicken cross the border? It didn't, because it was stuffed with cocaine

The roasted chickens had an unusual stuffing — \$150,000 worth of cocaine, according to Nigerian police.

A Nigerian mechanic who struggled in Brazil for more than six years had hoped the drugs would buy him a life of luxury in his native land, Nigerian authorities said Monday.

"This was like a retirement plan for him," said Mitchell Ofoyeju, spokesman for the National Drug Law Enforcement Agency.

The accused was arrested over the weekend at the airport in Lagos after he came in from Sao Paolo with 2.6 kilograms of cocaine, Ofoyeju said. Photos from the agency showed egg-shaped packages wrapped in

Smuggling problem

Nigeria is a major transit point for drugs coming from Latin America and going to Europe or the United States.

- Recent security improvements are cutting into that dubious distinction.
- After a man allegedly tried to blow up a Detroit-bound airliner in 2009, Nigeria started installing airport scanners and sought training for agents.

gold aluminum foil and tucked into the browned chickens.

THE ASSOCIATED PRESS

Smoking ban

Lebanese in a huff over right to puff

Restaurateurs in Lebanon, where about half of all adults are smokers, are protesting a new smoking ban in closed public places. The ban went into effect Monday. THE ASSOCIATED PRESS

Out of reach

Brits want to talk about Assange

Britain's Foreign Secretary on Monday urged Ecuador to resume negotiations over WikiLeaks founder Julian Assange, who is still hiding inside Ecuador's Embassy in London. THE ASSOCIATED PRESS

Hemlines are drawn in Iraq's culture wars

Islamists say it's time to call in the fashion police. Youth criticized for not sticking to religious dress code after Ramadan

For much of Iraq's youth, sporting flashy makeup, slicked-up hair and skin-tight jeans is just part of living the teenage dream. But for their elders, it's a nightmare.

A new culture rift is emerging in Iraq, as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. The relatively skimpy styles have prompted Islamic clerics in at least two Iraqi cities to mobilize local security guards as a "fashion police" in the name of protecting religious values.

"I see the way (older people) look at me — they don't like it," said Mayada Hamid, 32, wearing a pink leopard-print headscarf with jeans, a blue blouse and lots of sparkly eye-



Iraqi women shop at a women's clothing store in Diwaniyah, 130 kilometres south of Baghdad, on Sunday. A new culture rift is emerging in Iraq as young women replace shapeless coverups with ankle-baring skirts and tight blouses, while men strut around in revealing slacks and spiky haircuts. ALAA AL-MARJANI/THE ASSOCIATED PRESS

liner Sunday while shopping at the famous gold market in Baghdad's Kazimiyah neighbourhood.

She rolled her eyes. "It's just suppression." So far, though, there are no reports of the police actually taking action.

This is a conflict playing out

across the Arab world, where conservative Islamic societies grapple with the effects of Western influence, especially the most obvious — the way their young choose to dress.

The violations of old Iraqi norms have grown especially egregious, religious officials

say, since the end of Ramadan, Islam's holy month. In the last two weeks, posters and banners have been hanging along the streets of Kazimiyah, sternly reminding women to wear an abaya — a long black cloak that covers the body from shoulders to feet. THE ASSOCIATED PRESS

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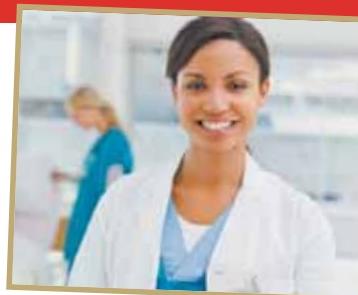
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Robocall allegations surface ahead of Quebec election

Politics. Someone claiming to be from Elections Canada made similar calls during the 2011 federal election, residents say

Allegations of unethical robocalls, which surfaced following the last federal election, have now sprouted on the last full day of the Quebec election campaign.

The Quebec Liberals filed a complaint Monday with provincial police over allegations of trick phone calls before Quebecers head to vote.

The governing party says it has learned of a series of automated calls falsely made in the party's name in the Quebec City region.

The alleged message was spoken mostly in English in the overwhelmingly franco-phone region.

Other calls were made in Laval, a suburb north of Montreal, by people using an "aggressive tone" and claiming to be representing the Liberals, according to the party.

"All these calls are false and obviously emanate from an organization or individuals who want to harm the Liberal party," the Liberals said in a statement.

A spokeswoman for Quebec's provincial police couldn't immediately confirm an official complaint had been filed.

Voters are set to cast their ballots Tuesday.

Polls place the Parti Québécois ahead of the Liberals and the upstart Coalition party.

PQ Leader Pauline Marois and Liberal Leader Jean Charest spent the final day in the Quebec City area, where polls suggest Francois Legault's Coalition party could steal several seats from the Liberals.

THE CANADIAN PRESS

Investigation
Officials continue to investigate allegations of fraudulent and misleading phone calls made during the 2011 federal election.

- **Automated calls.** A number of residents say they received automated phone calls from someone claiming to be from Elections Canada and directing them to a wrong or non-existent polling station.
- **Tories.** While the misleading phone calls appeared to target non-Conservative voters, the Conservative party insists it had no involvement in any such scheme and says it is assisting the investigation.



Quebec Liberal Leader Jean Charest holds seven-month-old Gloria Gagne at a rally Sunday in Quebec City.
Voters in the province head to the polls on Tuesday. JACQUES BOISSINOT/THE CANADIAN PRESS

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Teachers get failing grade

Improper education.

Students complain of unprofessional teachers at some career colleges: Documents

Complaints filed by students about some of Ontario's private career colleges allege that harassment from teachers, inadequate instruction and lack of proper equipment are hurting the quality of education at these increasingly popular institutions.

"The teacher is very degrading and belittling of her students on a daily basis," reads a complaint from a student at Everest College's Mississauga campus.

Among the complaints are numerous allegations that instructors behaved unprofessionally or lacked knowledge.

There are also claims that some schools didn't have the equipment needed for certain training programs and that instructors at several institutions didn't provide the amount of instruc-

Registered students

- There are more than 67,000 students attending registered private career colleges in Ontario, according to the provincial government.
- In B.C., some 50,000 students are enrolled in registered private career colleges, while Nova Scotia has just over 3,000 students attending such schools.

tion time promised.

The documents, obtained by The Canadian Press through a freedom-of-information request, outline 47 formal complaints made by students to Ontario's Ministry of Training, Colleges and Universities in 2010 and 2011.

The bulk of the complaints — about 36 per cent — were about Everest College, which has some 5,000 students and operates 16 campuses in the province.

THE CANADIAN PRESS

Sweden

Hackers jam government, military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, armed forces and the Swedish Institute experienced problems. Niklas Englund, head of digital media at the Swedish Armed Forces, said it was unclear who was behind the attack.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long-overdue pay raises, paralyzing resumption of classes after holidays.

Wilson Sosion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union. The Kenya Union of Post Primary Education Teachers said its 38,000 members did not go to work on Monday.

THE ASSOCIATED PRESS



Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

Spain. \$125B rescue package will be plenty to help ailing banks: Economy minister

Spain's ailing banks won't likely need to tap all the 100 billion euros (\$125.7 billion) that's been made available by the country's euro partners. Economy Minister Luis de Guindos said Monday.

In a further indication that Spain's economic problems are not as acute as some in the markets have been fearing, De Guindos also insisted that no additional austerity measures will be needed to meet the Spanish government's deficit-reduction target. Spain is battling to avoid the same bailout fate as Greece, Ireland, Portugal and Cyprus.

However, De Guindos said Spain's most troubled bank, Bankia, will get urgent aid, while two indebted Spanish regions appealed for emergency funding to deal with a crippling liquidity crunch.

Spain's banks have an estimated 184 billion euros in problematic real estate loans and investments following the collapse of the country's property market in 2008.

THE CANADIAN PRESS

The Pirate Bay. Cambodia arrests file-sharing site co-founder at Sweden's request

A co-founder of popular file-sharing website The Pirate Bay was arrested in Cambodia at the request of Sweden, where he faces a one-year prison term for violating copyright laws, authorities said Monday.

Cambodian authorities arrested Gottfrid Svartholm Warg on Thursday at a home he had rented in the capital, Phnom Penh, said national police spokesman Kirth Chantharith.

"He is being detained in Cambodia and we are waiting to expel him," Chantharith said.

Cambodia has no extradition treaty with Sweden but has requested details of Svartholm Warg's crime in order to process his handover, he said, adding that Cambodia would act as quickly as possible.

Svartholm Warg and the site's three other founders were convicted in 2009 by a Swedish court of assisting copyright infringement by helping millions of the site's users to illegally download music, movies and computer games. All were sentenced to one year in prison and

Denying the charges

All four defendants denied the charges, arguing that The Pirate Bay doesn't actually host any copyrighted-protected material itself.

- Instead, it provides a forum for users to download content through so-called torrent files.
- The technology allows users to transfer parts of a large file from several different users, increasing download speeds.

ordered to pay 30 million kronor (\$3.6 million US) to entertainment companies, including Warner Bros., Sony Music Entertainment, EMI and Columbia Pictures.

Svartholm Warg failed to show up at an appeal hearing in 2010. In 2010, his defence attorney told the court he had received text messages from Svartholm Warg's mother saying her son had fallen ill in Cambodia and would not appear in court.

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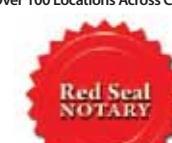
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SUMMER BUMMER – THE SEASON THAT CAME AND WENT TOO SOON



SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of some pseudo-science put forth by a travel company as a way to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it Weep All Over Your Keyboard Tuesday.

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Even though most of us haven't seen the inside of a classroom in years, September will always feel like back-to-school time. A period of new beginnings, freshly sharpened pencils and pristine, blank Hilroy notebooks. Wait, do kids still use notebooks? Am I dating myself here?

The majority of individuals entering college for the first time this September were born in 1994. I know — as someone who is still under 30, I'm not technically allowed to feel old, but that fact makes me feel relatively archaic.

But I digress.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and curable-via-commerce emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin-spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.



A post-Labour Day groan will underpin much of today's small talk.

DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family has found trouble.

At least Prince Andrew chose to be a spectacle, with this daring abseil down London's Shard, the tallest building in Europe.

The daredevil Duke of York performed the stunt for the Outward Bound Trust, an educational charity. Along for the ride were Ffion Hague — a fellow trustee with the charity and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO



GETTY IMAGES PHOTOS



All smiles: Prince conquers Shard

Royal stunts

Andrew not the only thrill-seeker

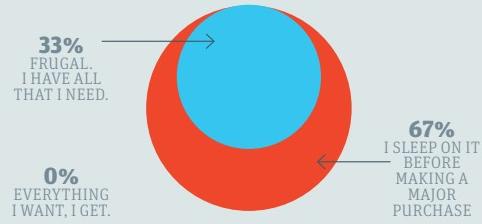
• Prince William.

Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."



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What's your shopping style?



@ValckeNDP:

Something tells me "Stephen-HarperNousDéteste.ca" is about to get a lot of hits. #cdnpoli #CPCFail

@stphnmaher:

If this is true, and the RCMP are making judgments about what political speech is acceptable, we have a problem.

@BiagiosOttawa:

#Free Spaghetti and Meatballs for the kids tonight! Don't miss

out #Ottawa! #backtoschool
<http://t.co/6xr8Xbd>

@SenateCA:

Imagine how working at the Senate of Canada could shape your career goals—become a Senate Page <http://t.co/b56zNbgc> #SenCapage #students

@aveRunstedz:

So after washing my car I have decided I'm giving away free samples of brown gunk. #endlessupply #doesntcomeout

DVD reviews



The Five-Year Engagement

Director: Nicholas Stoller

Stars: Jason Segel, Emily Blunt

• • • •

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL



The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album.

Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY
scene@metrone.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope

to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have exploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Curries of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's

latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was looking beyond a cursory meet and greet. "He was very interested to know what we were going to do for our next album," recalls Currie. "It was more than a casual question. "I was like, 'Why

are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January. The band quickly assembled the material they had and headed to Nashville to record. "It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

2
SCENE

On the web



Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.

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McCormack's new character no Will Truman

Perception. Toronto-born actor plays a paranoid schizophrenic neurological science professor in new series

IAN GORMELY
scene@metronews.ca

Playing the same character for eight years is bound to typecast any actor in certain people's eyes.

But Eric McCormack hopes the audience's affection for Will Truman will carry over to his newest character, Daniel Pierce, a paranoid schizophrenic neurological science professor, on the Bravo program Perception.

In the series' pilot, which premieres Wednesday, a former student, played by Rachel Leigh Cook, who now works for the FBI comes back and gets him to work on cases with a neurological bent. "It's a total fish out of water situation for him," says McCormack. "It's out of his comfort zone."

It's also outside of the kind of characters audiences are used to seeing McCormack play.

"With a character like this, you need some gravitas, but you also need some lightness," he says, certainly something he brought to the table playing one-half of the titular roles on Will & Grace. "You want someone that the audience has a comfort level with. We're asking a lot. Forget the gay sitcom lawyer. This is entirely different."



Eric McCormack in Perception. HANDOUT

The appeal of Pierce for McCormack is the idea of a person for whom the brain is everything, yet he has no control of his own mind. "I think (that) made it really fertile ground."

Born in Toronto, McCormack cut his teeth at Stratford, performing King Lear in the afternoon, and Twelfth Night in the evenings.

mack cut his teeth at Stratford, performing King Lear in the afternoon, and Twelfth Night in the evenings.

"You're constantly asking the actor to believe the same actor in different roles," some-

Friendship

Actor's affection for TNT

Perception was developed by TNT in the United States, where the program has already premiered and been renewed for a second season.

McCormack got the part through his friendship with network president Michael Wright, who the actor de-

scribes as "one of the nicest execs I've ever met."

He previously appeared in the short-lived drama aired on the channel during the 2009-2010 season. Since then the pair had been looking for a new project to collaborate on.

McCormack's affection for the network comes from its artist-friendly approach. "[Wright] allows artists and producers to have free reign. There's very few notes and a lot of support. It's a nice place to call home."

thing he says television doesn't do enough of.

Yet he recognizes that for some people, he'll never live down his most famous role and

that's just fine. "There will always be people who go, 'You'll always be Will to me,' but that's OK," he says. "There's some good to that too."

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Sarah Gadon in World Without End. HANDOUT

Canadian actress takes big opportunity on small screen

World Without End. Sarah Gadon has no regrets on working on Ridley-Scott-produced mini-series

IAN GORMELY
scene@metronews.ca

Working in film, with producers seeking you out is any actor's dream. So why on earth would someone in this position take a role on TV?

For Toronto native Sarah Gadon, starring in the upcoming television mini-series World Without End, the answer was simple.

"They wanted to make it like a feature, not like episodic television," she explains. "[Producer Rola Bauer] said, 'I know you want to focus on your feature film career right now, but if you can drop in

for these two months, you won't regret it.'"

She didn't. The eight part series, executive produced by Ridley Scott and his late brother Tony, is a sequel to the acclaimed Pillars of the Earth. Both are based on historical drama novels written by Ken Follett. The German-Canadian co-production premieres Tuesday on ShowCase.

Gadon's character, Philippa, is a young person who's married into nobility.

"She's a carefree young woman," says the actress. "She's at the peak of her happiness." But as the infatuation of a fallen noble's son intensifies, her life begins to unravel." It's a fate that besets most of the series' female characters, a symptom of its fourteenth century setting. "Each woman opens up on what being a woman at that time was like," she says. "It's a really interesting perspective."

Gadon's character

- The look of Gadon's character was inspired by Pre-Raphaelite painters, a group of 19th century artists who rejected the techniques of post-renaissance art.

- "Pale skin, high rose cheeks and that very tight, curled hair. Very Italian," she says of the women in their paintings.

- On top of working with a

dialect coach to perfect her British accent and a dance teacher, Gadon had to wear a massive wig worth 6000 British pounds to replicate this look. "It was two wigs of human hair sewn together."

- It was so effective that even Gadon didn't recognize herself, which, she says is just fine. "I love being a bit of a chameleon."

whom the actress made both A Dangerous Method and Cosmopolis.

"He said it never really services you," she says. "It always informs your choices when you're trying to create something different with a completely different medium."

Look who's coming back to dinner

Bon appétit. Come Dine With Me Canada travels to PEI and Edmonton for Season 3

From cooking with his mother as a youngster to hosting dinner parties as an adult, Michael Creighton has long cultivated a passion for food and entertaining.

The 47-year-old, who works in senior management at Sears, also learned about fine dining and wine pairings after leaving school.

So when Creighton found out Come Dine With Me Canada would be filming on Prince Edward Island, he decided to apply, and was on Cloud 9

when he was accepted onto the TV show. The hardest part? Not being able to tell anyone prior to filming.

"To me, it wasn't about the grand prize or anything. It was just meeting new people and having a blast," said Creighton, who moved to Oyster Bed, just outside Charlottetown, from Toronto nine years ago.

Come Dine With Me Canada kicks off its third season Monday, Sept. 10 at 7:30 p.m. ET/PT on W Network with five back-to-back episodes. The new season will also see the culinary competition series travel to Edmonton.

Every week, the series follows five amateur chefs as they vie for the title of ultimate din-

Fun and food

"To me, it wasn't about the grand prize or anything. It was just meeting new people and having a blast." Michael Creighton

ner party host. The strangers take turns hosting their version of the tastiest and most entertaining meal.

After each dinner, the participants secretly score their host on a scale of one to 10, rating them on their hosting skills and quality of food. The host with the most points at the end of the five nights wins \$1,000.

For the dinner he hosted for



The new season of *Come Dine With Me Canada* begins Monday, Sept. 10 on W Network at 7:30 p.m. ET/PT with five back-to-back episodes.

PROPER TELEVISION/THE CANADIAN PRESS

Come Dine With Me Canada, Creighton used recipes he's adapted over the years and opted to cook with local ingredients, including lobster

He took a cue from chef Lynn Crawford, who filmed an episode of *Pitchin'* in for Food Network Canada featuring Island cuisine, and said lobster

The wait to watch

The 30-minute episode that Michael Creighton hosted doesn't air until February, so he has to be tight-lipped about how he fared for a few more months

- "I just can't wait to see it now. You never know how editing is going to go, right? So I'm really anticipating what the final product looks like after all these hours of filming. I'd do it again in a heartbeat."

was a big inspiration for both his appetizer and main course.

THE CANADIAN PRESS

A large advertisement for a contest. At the top, there are small images of performers: a couple from *Marie-Josée et Jérôme*, Holly Cole, and Blackie and the Rodeo Kings. Below these are two oval silhouettes. In the center is a large blue circle containing the text "WIN YOUR PURCHASE!*". To the right, there is promotional text: "*BUY YOUR TICKETS NOW THROUGH SEPTEMBER 8 AND BE AUTOMATICALLY ENTERED TO WIN." Below this, it says "Complete 2012-2013 listings at nac-cna.ca". At the bottom left, it says "Some restrictions apply. Visit nac-cna.ca for contest rules." The background features a green and blue abstract design.



VICTORIA WILL/INVISION/THE ASSOCIATED PRESS

ALANIS MORISSETTE

The iconic Canadian rocker shares her thoughts on momhood, social media and the Morissette of the past

FINDING HAPPY IN THE HAVOC

Alanis Morissette is feeling a little more appreciated as a woman these days, and her new album, *Havoc and Bright Lights*, is a reflection of that. "(There's) the whole shifting of the misogynistic, chauvinistic, patriarchal thing into what this new climate is slowly becoming, which is the celebration of the alpha-empowered woman," she said of today's culture.

Her new outlook may also be due in part to her role as a mother: She and her husband, Soul Eye, had son, Ever, in December 2010, and the Grammy winner says that

becoming a parent has been a "head and heart spinner" for her.

She spoke about this and more to The Associated Press.

You now have your own family. What has that experience meant to you?

I have a song (on the album) for my husband called *Til You* and it's the whole idea of how excited I am that I met someone who shares enough of the same values as me that we can do it together. I talk about my son and husband in the chorus and the verse is really about me say-

ing I can't take care of my son if I don't take care of myself. I could get away with not taking care of myself as a bachelorette but as a mom I can't.

How did you learn that?

I learned it postpartum because there was no way I could do attachment parenting, breast feeding, nurture my marriage ... have the bandwidth to keep all that going without learning how to heal my own relationship with myself.

You're on social media, but are you addicted?

No, but it's inspiring. The challenge for me is to have an experience that isn't filtered through the mindset of, "Should I put this on my website, should I tweet this?" Can I just have an experience that is not tweeting?

What do you think when you see old videos of yourself from the *Jagged Little Pill* days?

I think, "She's cute — nice hair, she looks a little greasy" (laughs). She's like a little sister almost.

THE ASSOCIATED PRESS



Prince Harry GETTY IMAGES

British beautician gives some insider info on the royal jewels

If photos of Prince Harry's wild naked party in Las Vegas last month aren't enough, British beautician Carrie Reichert is more than happy to share some details of that wild night. Reichert was invited up to the prince's suite along with nine other women for the evening's festivities, she reveals in an interview with Britain's *The People*. "Harry was already undressed. It was just crazy. He looked actually delirious,"

she remembers. "He would just randomly walk up to you and hug you. He was just really friendly and there were just really random naked hugs. It was funny." But hugging wasn't all Reichert says she got up to with the royal, as she claims she at one point found herself alone with Harry. "We kissed. He was naked at the time, and pretty open. It was a drunken fumble. It wasn't romantic, just fun," she says.

Twitter



@ParisHilton
Fun #GirlsNightOut at M2 in #Shanghai last night! #Models&Bottles ;)



@BetteMidler
Made @juliachilds clafoutis w/our own blueberries. Looks-3, taste 10. Ate it all. Rolling in my sleep.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Klum's spurned ex won't keep lips 'sealed'

MONICA WEYMOUTH
scene@metronews.ca

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more

class and at least wait until we separated first before deciding to fornicate with the help, as it were," the singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.



Clint Eastwood THE CANADIAN PRESS

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor

and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive? "One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.



Russell Crowe GETTY IMAGES

Crowe gets a little coast guard help during kayak excursion

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres east of where they'd

set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki, who heard Crowe yelling around 10 p.m.

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New blog

Editor aims to lose half of herself



Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTAILLA/METRO

Two hundred ninety-five. Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

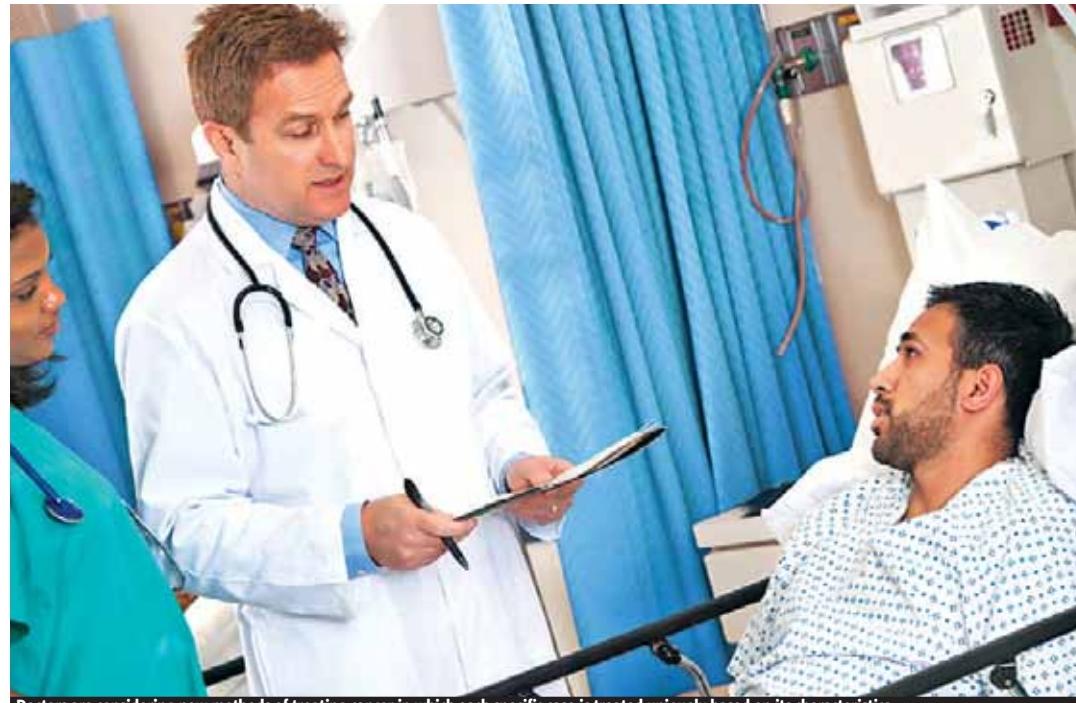
When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to Weight-Watchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you. **ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.**



Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

3
TIE

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer

Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet

personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

On the Web



'Not without my iPad':
Young tech-savvy docs want
a real life, but don't call
them slackers

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THIS WEEK: Fall is Coming: Make Good Oral Health Part of Your Regime



Best Health

Look to Stratford, Ont., for Canada's Jamie Oliver

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know Canada has its very own crusader for getting kids to eat healthier?

His name is Paul Finkelstein, and his delicious, easy recipes are featured in every issue of Best Health magazine. In our September issue, on newsstands now, we have a feature article by Erin Phelan about this innovative high-school teacher and chef based at Northwestern Secondary School in Stratford, Ont.

So what exactly is Paul doing to improve school nutrition?

As part of his culinary arts program, he has created the student-run — and student-named — Screaming Avocado cafe.

His students create healthy lunch choices that will appeal to kids when they're deciding what to eat for lunch: dishes like Pulled Pork on Homemade Ciabatta, and Seafood & Chicken Paella.

Meals cost just \$3 or less, which is healthy competition for the burgers and fries sold at the cafeteria down the hall. "If you give kids a healthy choice, many of them will take it," says Paul.

His model is getting the attention of educators across Canada, including in Souris, PEI, where famed chef Michael Smith is creating a similar culinary arts program in a new school that will house a state-of-the-art kitchen, and a greenhouse.

"Paul proves that nutritional literacy belongs in schools, and when it is, kids thrive," says Smith.

Canada is the only G8 country without a national school meal program. Nearly a quarter of Canadian kids aged two to 17 are overweight or obese, according to Active Healthy Kids Canada. And, says the Canadian branch of the Centre for Science in the Public Interest, "School meal programs help boost rates of attendance and graduation, improve performance, reduce behavioral problems and help form life-long eating patterns that can lead to longer, disability-free lives."

There would also be an economic impact. A Queen's University study found that the combined cost of physical inactivity and obesity is close to \$10 billion, or nearly five per cent of total health-care costs.

To read more about Paul Finkelstein's innovative school food program, see our September issue, on newsstands now.

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Dealing with the daily grind

Advice. Summer is over, and going back to the real world is tougher than expected. As you slowly settle back into your work-sleep-work routine, Nutritional Therapist Denise Mari tells you how to make sure you don't turn holiday indulgences into (very) bad habits.

You're overworked and for the first time in months you're not having to expose your body in a swimsuit. Think you can let go? Think again.

7 a.m.: I'll skip that run, I need to be at my desk bright and early: "A morning run is a great way to start the day so don't skip it! Don't let excuses get in the way. Recognize your tendency to procrastinate and say, 'No more!' You'll be more productive if you start your day off by oxygenating and energizing your body."

9 a.m.: I'm ravenous but have no time for breakfast. A coffee will keep me going: "A caffeine addiction is poisonous and hard to kick. Acidic coffee is a terrible choice as it suppresses appetite and leaches minerals from the bones. If you really don't have time to eat, make a smoothie. Blend mango, pineapple, coconut water and coconut meat with a large bunch of kale. For something less sweet try blending cucumber, avocado and green apples with cucumber juice."

11 a.m.: Hunger pang. Where



"Acid in the form of sugar will over-stimulate you and leave you with a sugar hangover," says Denise Mari. "If you really want to get that extra boost without damaging yourself, try almonds coated with raw cacao." CONTRIBUTED

are those peanut M&Ms...?: "This is an acid attack waiting to happen. Acid in the form of sugar will over-stimulate you and leave you with a sugar hangover. If you really want to get that extra boost without damaging yourself in the process, try almonds coated with raw cacao."

1 p.m.: Lunch is a steak and cheese sandwich. You need the carbs:

"The combination of processed meat, dairy and refined carbohydrates is a sure way to slow down digestion. The longer these items stick around in your gut, the worse you'll feel. You'll have low energy levels and risk suffering from skin eruptions. Choose fibre-rich foods that you can digest, absorb, and eliminate as quickly as possible. Soup and salad topped with avocado with a lemon, olive oil and sea salt dressing is great."

3 p.m.: I'm on my second pack of M&Ms and downed a can of Red Bull.

The acid load is depleting the minerals of your bones and teeth in order to balance the body's blood ph. Over time, this can cause premature ageing. Reach for rice crackers and hummus for a satisfying, protein filled crunch."

5 p.m.: I skip the gym. I'm still catching up on those emails...

"Emails can wait or be answered on the treadmill. There's always more to do and if you let work keep you from your commitments, you'll never accomplish private goals. Rate the level of urgency re: emails: is there a stress-inducing time line that is an hour away? Or are you allowing the excuse bug to throw you off track?"

6 p.m.: Work drinks. A bottle of wine later, it's time to go home: "Say no to overindulgence and yes to a longer life. Aim for a glass, not a bottle. Alcohol crosses the blood brain barrier and is indiscriminate at the cells it destroys. It's also a diuretic and after a bottle, you're probably dehydrated and extra

pressure will be put on your liver in order to dispose of all the toxins."

8 p.m.: My fridge is empty. I'll grab some takeout to soak up the alcohol.

"Try and limit the negative impact by ordering raw or vegan options where possible. If you order a pizza, opt for dairy free cheese or even no cheese at all. Even Mexican food can be healthy, just as long as you lay off the cheesy nachos and stick to rice, beans and guacamole."

10 p.m.: I drink a coffee and eat a chocolate chip cookie as I scroll through Facebook.

"If you want good sleep you must quit the coffee. But if you must, drink decaf. If you're struggling to get to sleep, try having a chamomile tea and a hot bath a couple of hours before going to bed and you should see improvement within a few days. Don't chow down a cookie at bedtime. A handful of protein packed walnuts will suppress hunger."

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Chicken shows cheesy side



ROSE REISMAN
for more, visit
rosereisman.com

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley



This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

some stronger-tasting ones.

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.
2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.
3. Beat egg and milk in shallow

bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.
5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Cajun flavour. Chicken and Sausage Gumbo



1. Preheat oven to 400 F.

2. Sprinkle chicken with pepper and 1/4 tsp (1 ml) of salt. In ovenproof frying pan, heat 1 tbsp (15 ml) of oil over medium-high heat. Add chicken and sausage to pan; cook 8 mins., turning once, or until browned. Transfer pan to centre of oven; bake 15 mins. Remove pan from oven. Set aside to cool.

3. In saucepan, heat remaining 2 tbsp (25 ml) oil over medium-high heat; cook pepper, onion and celery 12 mins., stirring occasionally. Stir in garlic and Creole seasoning; cook 5 mins. more or until vegetables tender and slightly coloured. Stir in tomatoes and juices and chicken broth. Bring to boil. Reduce heat to simmer. Remove chicken and sausage from frying pan; stir drippings from frying pan into vegetable mixture. Simmer 15 mins.

4. Meanwhile, quarter chicken thighs and slice sausages 1/2-inch (1 cm) thick; set aside. Place rice pouch on paper tow-

el, seam side up. Pouch is self-venting; do not puncture, tear or cut. Microwave 3 mins.

5. Stir chicken, sausage, rice and remaining 3/4 tsp (4 ml) salt into vegetable mix. Simmer 5 mins. Stir in parsley; serve.

NEWS CANADA

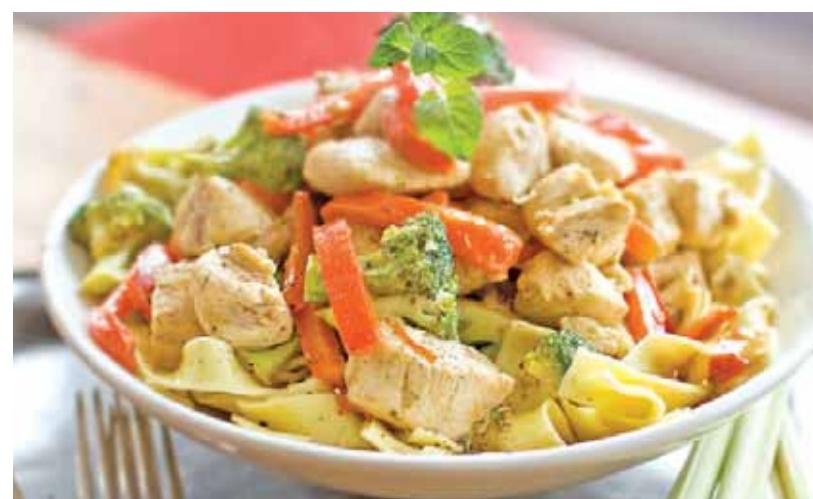
Ingredients

- 1 lb (500 g) boneless skinless chicken thighs
- 1/8 tsp (0.5 ml) pepper
- 1 tsp (5 ml) salt
- 3 tbsp (45 ml) olive oil
- 1 pkg (500 g) New PC Andouille Sausage
- 3 cups (750 ml) diced red pepper
- 2 cups (500 ml) diced onions
- 1-1/2 cups (375 ml) diced celery
- 3 tbsp (45 ml) minced garlic
- 2 tbsp (25 ml) Creole seasoning
- 1 can (796 ml) diced tomatoes
- 3 cups (750 ml) chicken broth
- 1 pouch (283 g) whole grain brown rice
- 1/2 cup (125 ml) parsley

Ingredients

- Two 4-inch pieces lemon grass, lightly crushed with a meat mallet or rolling pin
- 1/4 cup canola oil, plus 2 tbsp
- 1/2 cup white wine
- 1/2 tbsp whole peppercorns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp dry ginger
- 3 boneless, skinless chicken breasts (about 1 1/2 pounds), cut into 1-inch chunks
- 3 cups broccoli florets
- 2 red bell peppers, cored and cut into strips
- 1 tbsp cornstarch
- 1/4 cup cool water
- Rice or egg noodles, to serve

Give that stir-fry the big and bold flavour of lemon grass



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

entire thing to large bowl. Add chicken, toss to coat, then refrigerate for at least 1 hour.

3. When ready to cook, heat wok or large, deep sauté pan over medium-high. Add remaining 2 tablespoons of canola oil and heat until nearly smoking. Add the broccoli and red peppers and sauté until

just starting to brown, about 5 to 6 minutes. Use a slotted spoon to transfer the vegetables to a plate.

4. Discard lemon grass from chicken, then add chicken to pan, reserving marinade in the bowl. Cook until starting to brown, about 10 minutes.

5. Add marinade from bowl to

wok and bring to a boil. Cook for 2 minutes.

6. In glass, mix cornstarch and water, then add to pan. Cook until sauce thickens, about another 2 minutes.

7. Return vegetables to pan and toss to coat. Season with salt and pepper. Serve over rice or noodles. THE ASSOCIATED PRESS

Health Solutions

Tea-Coffee Smackdown



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

means you can have five small cups of tea and only three small cups of coffee each day.

Cream for small coffee (40 calories) vs. milk for small tea (15 calories)

Chances are you will drink your tea with milk and not cream.

Switch just one of your cups of coffee with cream to tea with milk for a whole year and save yourself 9,125 calories.

There are benefits to both, but cutting down the coffee and stepping up the tea may just make you healthier.

Here's how:

Tim Hortons small coffee (100 mg caffeine) vs small tea (60 mg caffeine)

It is recommended that you get no more than 300 mg of caffeine each day. That

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Advice

One gift for the shower, one for the wedding

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles,
When should we give a wedding gift — wedding shower or the wedding? If there is a

wedding shower before and the invitation includes a wedding gift registry, do we give one gift for both and when? Thank you in advance, Maria

Hello Maria,

Technically you would give two gifts — one for the wedding shower and one for the wedding, as these are two separate events.

Ideally you would bring a gift to the wedding shower with you, however, I personally have never thought bringing a gift to the wed-

ding is a good idea. I have always believed in either sending the gift ahead of time or, what I personally do, is send the gift afterward.

Did you know you have up to one year to send a wedding gift post the wedding?

Now the final question, how much to spend? Never spend more than you can afford. I know many people who get themselves in trouble spending too much money going to weddings all summer. I have spoken to many experts in etiquette

and I also want to assure you that you do not need to give the value of your meal. That is complete silliness. If you are on a tight budget, then you give accordingly and if you are in a position to give more and wish to, then so be it. But engaged couples that invite guests expecting to be reimbursed for the cost of their meal is just plain wrong. You invite and pay for what you can afford and you invite because you want these people to join you, not so that you can charge them for the meal.



A wedding shower is a separate event from the wedding. iSTOCK



Author Dana Adam Shapiro. HANDOUT

Valuable lessons from divorcees

Reading. *You Can Be Right or You Can Be Married* offers a look at some people who've had their marriages fall apart

HEIDI PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book *You Can Be Right or You Can Be Married* (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

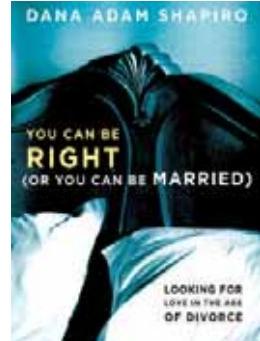
"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical ... You're sort of auditioning, and when

you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man



hoping he will change and he doesn't,'" Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"

Want a meaningful college experience? Join the club

RAISHAD HARDNETT
Metro New York

Grades, grades, grades. That can't be all post-secondary is about — can it? University professionals suggest that academic growth is only one of the many types of student development in college.

Still, for the new university student who first stumbles onto campus and sets his or her eyes upon the hundreds of students marching around, the idea of finding a suitable extracurricular niche or activity can seem daunting.

Take a breath: the short- and long-term benefits of

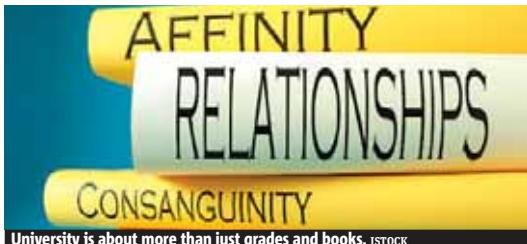
joining a club far outweigh the initial anxiety. Here are three expert-approved reasons for becoming involved in a student organization.

Networking

According to Hikaru Kozuma, the executive director of the University of Pennsylvania's Office of Student Affairs, one outcome of club involvement is increased professional interaction.

"As part of a student organization, (students) can interact with staff, faculty and other members of the surrounding community to learn how to collaborate and work with others," he says.

This is an especially vital



skill, as the U.S. Bureau of Labor Statistics affirms that 70 per cent of jobs are found through networking.

Leadership skills

In addition to socializing with students who have similar interests, Gina D'Annunzio,

director of student activities at Temple University, argues that extracurricular involvement also brings a long-term benefit: workplace competencies.

"My student organizations helped me create examples in job interviews for times when

I completed a project from start to finish, worked in a team and showed initiative," she says. "Those are things that you can use that are tangible and marketable."

Although some may worry that too much club involvement could take away from a student's focus on scholastic endeavors, D'Annunzio points to an impressive statistic gathered from a 2010 Student Leadership Assessment showing that 98 per cent of actively involved students report that extracurricular participation actually improved their GPAs.

Socialization and belonging
Building the framework for

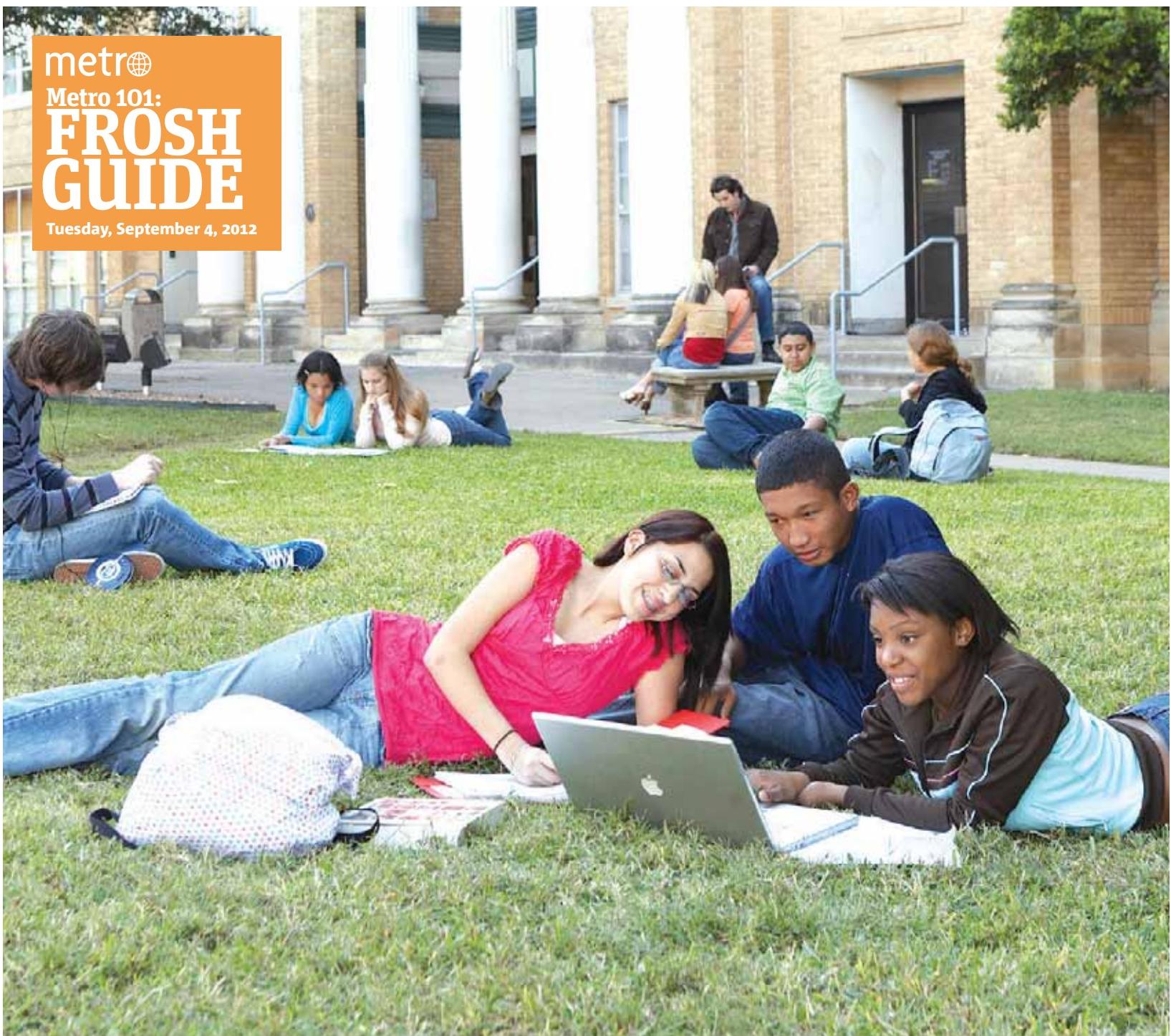
a support group and sense of belonging can be the difference between success and failure.

Denise Fitzpatrick, who oversees the Cherry Crusade athletic "fan club" at Temple University, says that she witnesses the students involved in her club not only having fun, but also using their friendships for both personal and academic support.

"They really enjoy it because they get to travel to away games and create friendships and bonds. A lot of them are taking classes together and have similar majors, and some of them even eventually become roommates."

metro
Metro 101:
**FROSH
GUIDE**

Tuesday, September 4, 2012



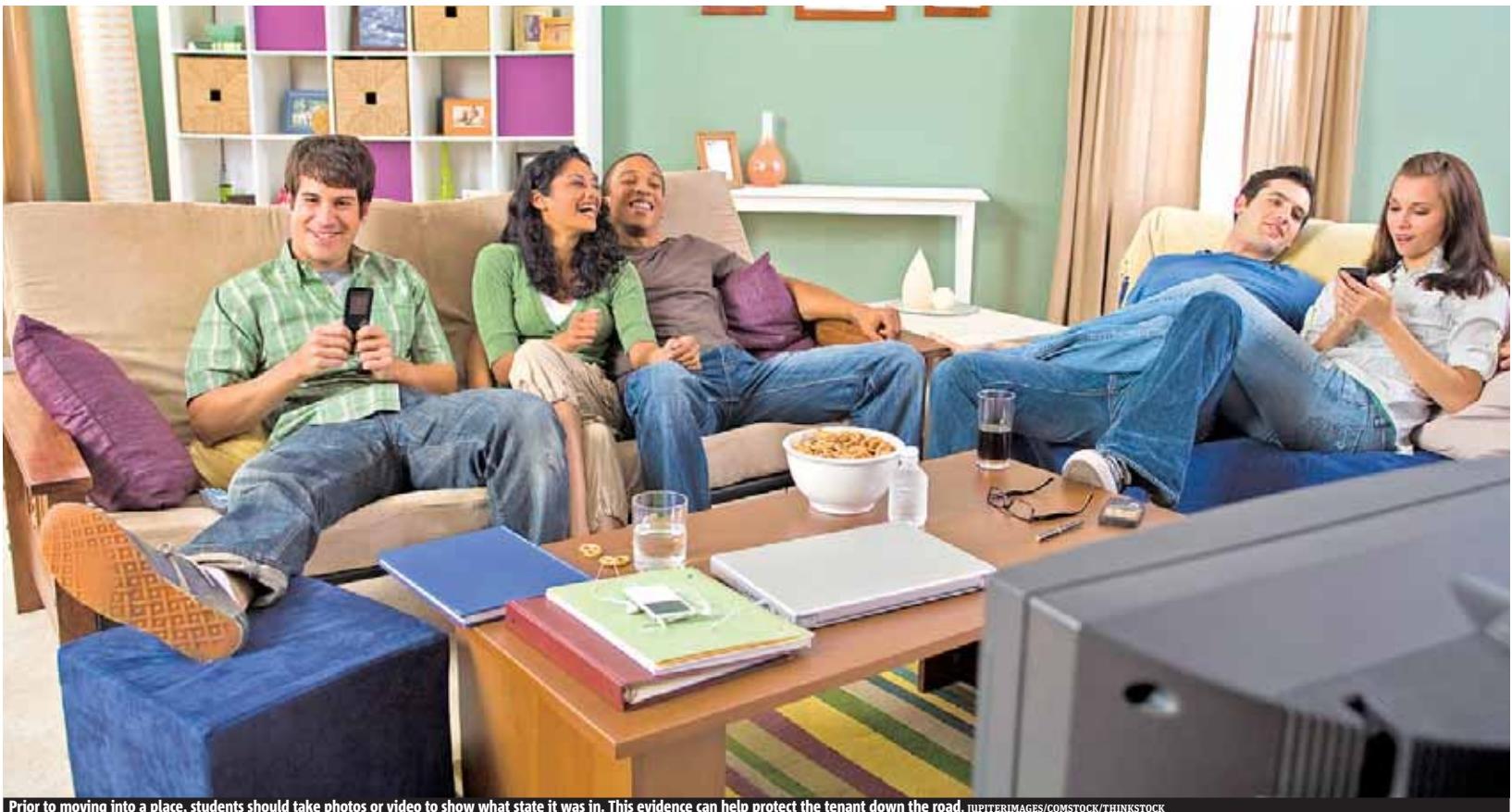
● **INSIDE:** Fun events for Ottawa frosh, cheap local ideas, how to be healthy, dorm room decor tips, and much more!

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

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Prior to moving into a place, students should take photos or video to show what state it was in. This evidence can help protect the tenant down the road. JUPITERIMAGES/COMSTOCK/THINKSTOCK

Do your homework before renting

Housing. The key to successful tenancy is knowing your rights

RICHARD WOODBURY
For Metro

When people are renting housing for the first time it can be a confusing process. This is especially true for students attending post-secondary education outside of their home province because the legislation governing tenancy varies.

For this reason, students should do their homework before renting.

"The bottom line is you have to learn what your tenant rights are in the province (where) you live," says Maryvonne Sallenave, the supervisory tenant duty counsel with the Advocacy Centre for Tenants Ontario.

For example, in Nova Scotia, a damage deposit can be no more than a half month's rent, while in Ontario, there is no such thing as a damage deposit.

Another example is damage deposits for pets. In British Columbia, it cannot

Insurance policies are cheap

A recent poll from TD Insurance found 32 per cent of Canadian renters younger than 35 incorrectly believe they are covered by their landlord's insurance policy. A renter who

wants coverage for their personal possessions and liability for accidents can get a tenant's insurance policy for around the price of two movie tickets, says TD Insurance.

be more than half of one month's rent, but in Nova Scotia, pet damage deposits aren't allowed.

The good news is it isn't hard to get up to speed on tenant rights. Provincial governments across the country

post information on their websites in easy-to-understand formats, including brochures, FAQs, plus there are hotlines one can call.

When it comes time to signing a lease, be sure to get it in writing.

"The important thing to remember is that a lease is a contract, so a written contract is going to protect both parties..." says Rhia Perkins, an official with Service Nova Scotia and Municipal Relations, the branch of government under which the province's Residential Tenancies Act falls.

"It helps both people know exactly what they are agreeing to."

The lease will include details such as the amount of rent, when the tenancy starts, whether there are any rules, and should also spell out whether things such as util-

ties or cable are included.

Prior to moving into a place, students should take photos or video of the apartment to show what state it was in. This evidence can help protect the tenant down the road.

"(Students are) often blamed for damages that may have already existed when they moved in," notes Sallenave.

One final thing students should get acquainted with is the rules surrounding subletting, as the academic term probably won't coincide with the length of the rental agreement.

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One trainer recommends students exercise on the same days every week, much like they take classes on the same day every week. ISTOCKPHOTO/THINKSTOCK

Exercise both body and mind

RICHARD
WOODBURY
For Metro

Imagine if somebody told you about something that was scientifically proven to improve your mood, reduce depression and anxiety, improve sleep, attentiveness, energy levels and the ability to concentrate — you would probably think it was too good to be true.

Actually, this quasi miracle drug is just plain, old-fashioned exercise.

An added benefit for students is that regular exercise can help improve their grades.

"You'll find that people who are more physically

active will tend to do better on memory tests than those who are not physical active," says Brian O'Regan, a kinesiologist and personal trainer at Mixx Fitness Studio in Vancouver.

At campus fitness facilities across the country, there is a great rush of students heading to the gym at the beginning of each semester. Within weeks, the traffic dies down.

So what can students do to not become one of the two-week casualties?

The key is to schedule exercise into your life by making it a top priority.

"Yes, you've got to study and you have opportunities to go out and socialize, but if you

have a written plan, it's easier to stick to it," says O'Regan.

Sam Michael agrees. He is one of the head trainers at Gym-Zone Lasalle in Montreal.

"If you just say, 'I'm going to do it' and don't write it down, you're not going to do it," he says.

Michael recommends students exercise on the same days every week, much like they take classes on the same days every week.

He also says that if people are realistic with their time and how much time they can devote to exercising, it will be easier for them to stick to that routine.

"You don't need to train for two hours (a session)," says

Michael. "An hour or an hour and a half, three to four times a week is a lot of time for training."

Having a gym buddy will also help make sticking to a fitness routine easier.

The ideal partner will be somebody who is in similar shape and has similar fitness goals.

On the point of goals, it's crucial that people set tangible and realistic concrete goals, such as wanting to lose "X" amount of pounds over a certain period of time or being able to bench press a certain weight by a certain date.

"If you're not training for a goal, it's hard to stick to it," says O'Regan.

Don't fall victim to the 'frosh 15'

Binging on burritos might be a hallmark of life away from home, but it wouldn't hurt to summon mom's advice about eating your veggies the next time you are staring down a vending machine.

Eating healthy while at college or university is a good idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts.

"It's easy to see why healthy eating might fall off someone's radar when coming to school," says Marcus O'Neill, a dietitian and assistant director of the Human Nutrition Research Unit at the University of Alberta. "They don't have mom and dad preparing meals and they're eating out more. There are more stressors and time constraints and parties."

The expression "frosh 15" or "freshmen 15," which describes the average 15 pounds it's said many freshmen gain in their first year, is quite real, says O'Neill, although he believes a gain of five to 10 pounds is typically more accurate.

To prevent frosh pounds and to keep your brain optimally charged, O'Neill recommends freshmen do everything they can not to skip meals. Eating regular meals means you are less likely to overeat at the next meal.

Try to pack a lunch as well as some healthy snacks. Keep food and snacks in your fridge, pantry or backpack. Accessibility to healthy, nutrient-rich food is critical because the closer and easier you are to good food, the less likely you are to gorge on empty, high-caloric grub.

"Eating out is the No. 1 source of increased calories," O'Neill says. "So the



Eating healthy while at college or university is a good idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts. ISTOCKPHOTO/THINKSTOCK

more often you can bring your lunch, the better."

Limiting your alcohol consumption will avert empty calories in addition to the temptation to overeat. O'Neill says recent studies have shown people are more likely to overindulge following alcohol consumption and the type of food consumed is probably not the best.

Staying hydrated is important for brain health, says Kelly Neville, a wellness co-ordinator at Memorial University in St. John's. Drinking plenty of water is a far better choice than filling up on high-calorie sugar drinks such as pop and juice. Also watch your caffeine consumption, she warns, as too much can cause irritability and anxiousness.

Because sleep deprivation can lead to weight gain, make sure you get the recommended seven to eight hours of shut-eye. A lack of sleep impacts hormones related to appetite and disrupts your metabolism, say O'Neill. KELLY PUTTER

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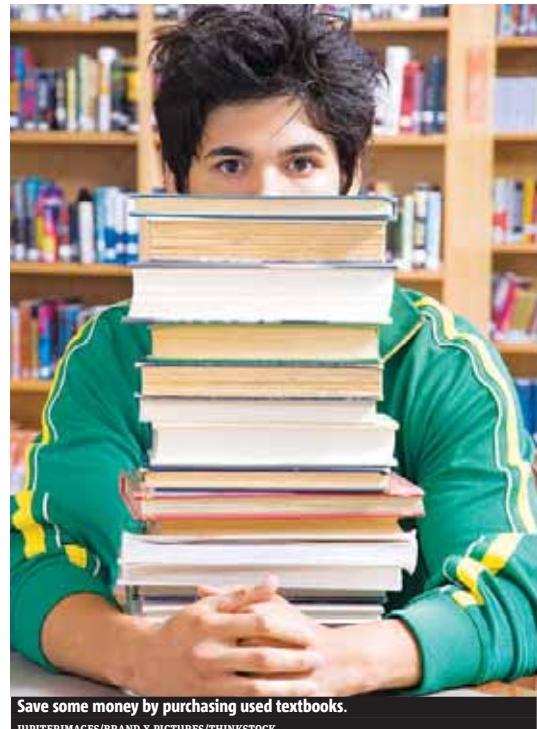


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On the cheap. Student-friendly activities

 STEVE COLLINS
ottawa@metronews.ca

How do you stretch out OSAP and summer job earnings for a whole year so you have something more than ramen noodle crumbs to get you through final exams?

- It never hurts to ask if there is a student discount, especially at businesses near the campus. Carleton students are quick to discover local deals like the \$8.99 one-topping large at eZpZ Pizza (437 Sunnyside).

- To get your live music fix on a budget, check local listings for no-cover nights. D'Arcy McGee's Irish Pub (44 Sparks St.) offers live music Sunday, Monday and Tuesday nights with no cover. The Elmdale House Tavern (1084 Wellington West) has no-cover and pay-what-you-can nights.

Dress like students

Be creative: We brewed our own beer. We almost never ate out because all five guys in our house cooked one night a week. We bought our textbooks used and dressed like students.

Bruce Sellery, author of *Moolala (Why Smart People Do Dumb Things With Their Money and What You Can Do About It)*

- If you are full time at Carleton or the University of Ottawa, an OC Transpo U-Pass is mandatory. You already paid for it, so take advantage. Even if you have a car, try taking the bus a couple days a week to save on gas and parking.

- Take a close look at your student fees. For example, if you are a University of Ottawa student and you are already covered by your parents' health insurance, you can put money back in your pocket by opting out of the

what the gap is."

2 "Fill the gap before it is urgent: Get a part-time job. Ask your parents for another loan before you are desperate. Cut back spending."

3 "Don't get sucked in by credit card marketing: At this stage of life you only need one credit card. More cards and more access to credit will make it harder to resist the temptation to overspend."

4 "Carry only cash: Credit and debit cards remove the pain of spending. This is a bad thing, especially when you've had a beverage or two and your judgment is already compromised."

5 "Be creative: We brewed our own beer. We almost never ate out because all five guys in our house cooked one night a week. We bought our textbooks used and dressed like students."



A free library card can lead to meeting new friends. STOCKBYTE/THINKSTOCK

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Full slate of frosh fun



STEVE COLLINS

ottawa@metronews.ca

Before the hard work begins, get your first year started right with a week of frosh fun. Here's a sampling of scheduled activities at Carleton, the University of Ottawa and Algonquin College. For more information, check your orientation package, your school's website and campus facilitators.

Sept. 4

Shine Day (University of Ottawa): U of O students take to the streets of downtown Ottawa selling stickers and candy in this annual Shinerama fundraiser for the Canadian Cystic Fibrosis Foundation. Last year the university raised more than \$72,000.

Beach Day (Carleton): Frosh invade Mooney's Bay for a full day of sandcastle building, volleyball and dodgeball, topped off with a free barbecue lunch on the beach.

Campus Village (Algonquin): Come out to the 'C' building Courtyard and meet essential college services, departments, and clubs. Community partners include Domino's Pizza, Lone Star Texas Grill and Volunteer Ottawa. Participate in games, giveaways and more (11 a.m. to 2 p.m.)

K'naan concert (Carleton): The Juno Award-winning Somali-Canadian sensation performs an outdoor concert for frosh in Parking Lot 12 (behind Athletics). Note: This is a closed, dry event exclusively for Carleton first year students.

Outdoor Movie Night (University of Ottawa): Watch the sci-fi hit The Hunger Games under the stars at Tabaret Hall. The show starts at 9 p.m., everyone is welcome, and admission, popcorn and apples are free.

Sept. 5

Expo Carleton: Want to get involved at Carleton but don't



Meet essential Algonquin College services, departments and clubs Tuesday from 11 a.m. to 2 p.m. CONTRIBUTED



K'naan will play an exclusive concert for Carleton students Tuesday night.
THE CANADIAN PRESS FILE

know where to start? Expo Carleton puts all the clubs, societies and services together in one place and lets you shop around. Event runs from 7:30 p.m.

Carleton's Got Talent: Five of your campus groups showcase their talents. The Glee Club, HOLA's, CU WARE, CU Dance Team and CU Roots will compete to win the grand prize from 8:30-9:30 p.m. in the Fieldhouse.

The Buried Life (Carleton): The cast of the MTV reality show appear at 9:30 p.m. in the Fieldhouse. Ever wanted

to go sky diving? Climb Mount Kilimanjaro, or travel to India? Hear the stories of four friends from British Columbia who set out to complete a list of "1,000 things to do before you die" while helping others along the way.

Sept. 6

PostSecret (Algonquin): An evening with Frank Warren, who created the phenomenal crowd-sourced project, which invites people to anonymously write down their deepest secrets on postcards and publishes them on postsecret.com.

Doors open at 7 p.m. at the Algonquin College Theatre in the new Student Commons.

Drew Dudley (Carleton): An inspiring speaker on everyday leadership and making a difference, Dudley's heartwarming and humorous stories will have you reaching for the stars. His presentation starts at 7 p.m. at the Raven's nest, followed by the Shinerama rally.

Sept. 7

PostSecret (University of Ottawa): PostSecret's Frank Warren talks about his soul-baring website, postsecret.com, the power of sharing and creating a community of support. Catch his presentation in the University Centre at 8 p.m.

Shinerama: Carleton students take their annual shot at Cystic Fibrosis, raising money and a spirited racket at various locations downtown. Carleton's fundraising goal this year is \$50,000.

Jurassic Arts Cabin Party (University of Ottawa): Hop a bus for Mont Cascades and a cabin party with multiple DJs and bars, dance party and barbecue. Transportation is provided to and from the event and bus loading takes place



Great Big Sea is part of the Ottawa Folk Festival from Sept. 6-10. Carleton frosh registered for orientation get free tickets for Great Big Sea's show on Saturday. CONTRIBUTED



University of Ottawa students can buy discounted tickets for Dan Mangan for a Sept. 9 show during the Ottawa Folk Festival. CONTRIBUTED

annual music festival runs Sept. 6-10 at Hog's Back Park, with discounted tickets for students on selected nights. Carleton frosh registered for orientation get free tickets Sept. 8 (Great Big Sea headlining). Other Carleton students can buy discounted tickets for Sept. 8 and 10, Algonquin students get a deal on Sept. 10 (Bon Iver) and University of Ottawa students for Sept. 9 (Dan Mangan) and 10. Contact your student association.

Sandy Hill Community Garage Sale: This annual neighbourhood-wide sale is a great opportunity for students to score a few deals to furnish the new apartment or dorm room, and particularly convenient if you are already in the neighbourhood at U of O. (9 a.m. to 6 p.m.)

Close-a-palooza! (University of Ottawa): Round out your week with a chill concert right in front of Tabaret Hall. Admission is free to anyone who has purchased a 101 Week orientation kit. 7-11 p.m.

Sept. 8

Ottawa Folk Festival: The



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Think of small items to touch up your space, such as ottomans. A Coloured Ottoman from Walmart ([walmart.ca](#)), right, is \$28. HOMESENSE PHOTO

Settle in, in style

Dorm decor. Get inspired to make your home away from home look colourful and bold

ASTRID
VAN DEN BROEK
For Metro

Forget decorating your dorm room with milk crates and mom's old dishes.

"In some ways, young people now are more sophisticated than ever," says Tamara Robbins Griffith, design expert for Toronto-based HomeSense. "They have the technology at their fingertips so they're very inspired by décor shows and Pinterest and they want to express their style."

Here's what's hot for fall dorm looks.

Pops Of Colour

Whether it's bedding or a colourful lamp, bright colours are still popular, notes Robbins Griffith. "A lot of

time students are stuck with white walls, so the chance to bring in bold colours adds a lot."

Accent Pieces

Along with that lamp, think of small items to touch up your space such as ottomans, storage containers and pillows. "It's important

to make your home away from home more comfortable by co-ordinating your bedding with colourful cushions, throws and accessories," says

Madeleine Löwenborg-Frick, public relations manager for Toronto-based Ikea Canada.

Prints. On Almost Everything

Zebra stripes, florals and geo-

prints are all hot sellers at

Walmart Canada.

For more, see page 35



Living in a multi-use space means storage is key. HOMESENSE PHOTO

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Continued from page 34

"Everything in our storage items is in the bright purple and pinks with tons of patterns from florals to zebras or funky geoprints," says Sandra Krsek, director of product development and innovation for Walmart.

So how do you fit all these great ideas into a space the

size of your b e d r o o m ? Here are some tips on small-space living.

- Use storage: Living in a multi-use space means storage is key. "If you can hide stuff such as toiletries or kitchen items in attractive containers it makes a huge difference," says Robbins Griffith. "So think storage boxes, canisters and containers to stash away stuff. It makes the room look nice and helps the space look organized."

- Pick double-duty items: Look for items that do twice the work, such as a small storage ottoman that

also acts as seating. "Or a stool that functions as extra seating but can also used as a side table for a lamp," says Robbins Griffith.

- Get creative: "When you can't put holes in a wall, it can be challenging to make the most of your space. But think about what you do have available and how it can be used," notes Löwenborg-Frick.

"Items on the backs of doors or under the bed can help keep you organized. Over the door hanging baskets or hooks can store everything from extra school supplies to bathroom items."



If you can hide stuff items as toiletries in attractive containers, such as this one from HomeSense, it makes a difference in the way your space looks. A Three-Door Narrow Tower, \$11, top right, and a Purple Flower Bed-in-a-Bag, \$39, can help you save space. Both are available at Walmart, walmart.ca. HOMESENSE PHOTO



Zebra stripes, florals and geoprints are all hot sellers. HOMESENSE PHOTO

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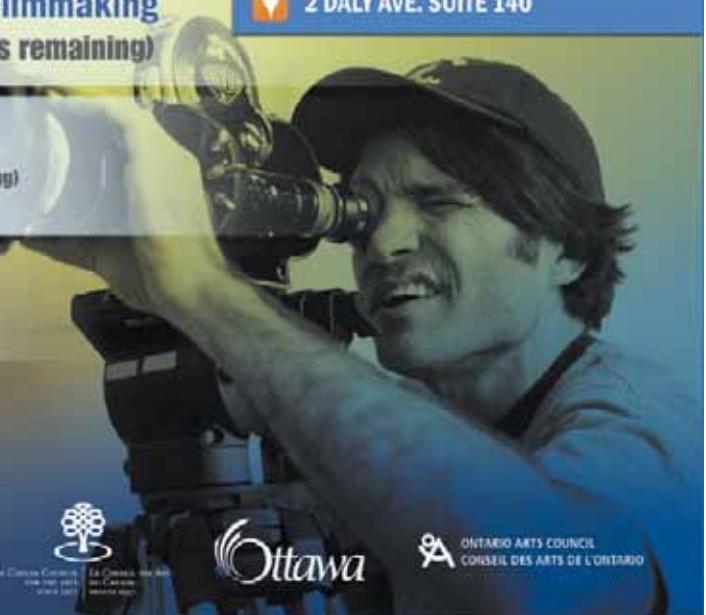
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Dorm room essentials

Student survey. Moving away from home means you can't rely on your parents anymore

ASTRID
VAN DEN BROEK
For Metro

Not sure what you will need in residence? Here are some items essential for dorm life.

Bedding: After surveying 100 university students on their

top needs for living in residence, bedding was the No. 1 item on the list, noted Sandra Krsek, director of product development and innovation for Toronto-based Walmart Canada. This includes duvets or blankets, sheets, pillows and pillow cases.

Towels: Think face cloths, bath towels, bath puffs and more.

Kitchen items: Depending on the way your residence is set up and meal plan, you may need a full kitchen set or some key items to cook with on a shared stove such as a few pots, spoons, dish ware and more. Krsek noted that small appliances such as blenders also were of interest in its survey. "Our students told us they wanted to

Items not to be missed

Peggy Wakabayashi, director of residences for London, Ont.'s Western University, also informally surveyed a handful of Western students for their advice on what else university students might need to settle into their new living quarters. Here's what they recommend:

Electronics: Power bar, extension cord, USB cord for your printer (to connect your printer to your computer — many printers don't come with them), long Ethernet cord (longer than 10 feet).

be a little healthier when they entered college," says Krsek.

Storage items: "Paper trays, magazine files and storage boxes are all affordable ways to control all of the clutter," says Madeleine Löwenborg-Frick, public relations manager for Toronto-based Ikea Canada.

Furniture: Foam topper/memory foam to put on top of the mattress, extra linens and an extra set of sheets.

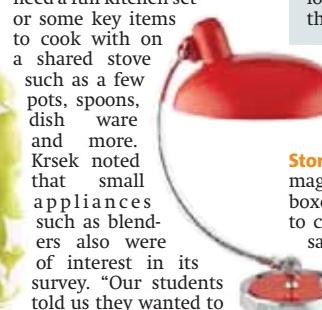
Office/Organizational: Hangers, wall calendar, four-month calendar, masking tape for hanging posters or pictures, and 3M hooks.

Other: Slippers, bath robes (even for guys), flip-flops for in the showers, memories of home to decorate your room with, easy snack food like granola bars/instant noodles.

School supplies: Everything from laptops and USB keys to pens and notebooks.

Additional furniture: Think extra seating such as a bean bag chair. "Or a little stool that can function as extra seating when they have friends come over," says Tamara Robbins Griffith, design expert for HomeSense.

Zebra Boxes, \$8, top, available at Walmart, walmart.ca, King Size Cotton Sheet Set, \$49.99, below, available at HomeSense, homesense.ca.
ca, Desk Lamp, \$39.99, right, available at HomeSense, homesense.ca.



FALL ESS entials Embellishment

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Students are at a vulnerable age

Warning signs. Many major mental health issues surface between the ages of 17 and 25

RICHARD
WOODBURY
For Metro

In today's society, there is much more awareness of the fact that one in five Canadians younger than the age of 65 experiences a mental health problem every year.

This is an especially important topic for students of post-secondary age, as many major mental health issues surface between the ages of 17 and 25.

"This is a vulnerable age," says Dr. Mike Condra, the director of health counselling and disabilities services at Queen's University in Kingston, Ont.

At universities and colleges across the country, institutions are paying more attention to the early identification of mental health issues in their students.

Another important stakeholder in this discussion is the students themselves.

"We have to educate young people to see it (signs of mental health issues) in themselves or their friends," says Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University.

Condra says it is normal to have up and down days. The concern is when changes in behaviour become more prolonged and out of character for an individual.

Some warning signs for a mental health issue are isolation from others and one's usual social activities, a change in sleeping patterns, and depression.

Kutcher says the biggest warning sign is if somebody had a previous mental illness (or disorder) prior to going to a post-secondary school. For people who have had these conditions in the past, Kutcher says it is important that they make plans before arriving at school to have the appropriate care team in place.

And if somebody requires

Young people

"We have to educate young people to see it (signs of mental health issues) in themselves or their friends."

Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University

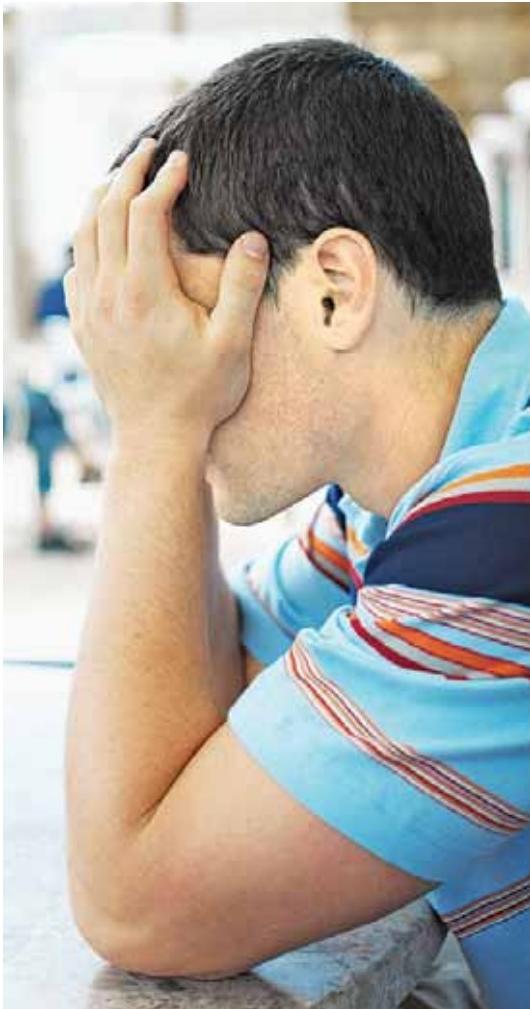
mental health treatment, "Mental health is part of your health," says Condra. "If you had a very sore throat,

you would not have second thoughts about going to a doctor. If you feel stressed and anxious all the time, we want you to think the same way about seeing a counselor."

For treatment, most universities have counselling centres and student health services. In a crisis situation, one can go to their nearest emergency room.

The health-care system also offers mental health services, although Kutcher cautions that wait times are long.

A more timely option is to access a private provider, such as a psychologist. While this would cost money, it is possible the treatment might be covered under a parent's health plan or employee assistance plan.



Some warning signs for a mental health issue are isolation from others and one's usual social activities, a change in sleeping patterns, and depression. STOCKBYTE/THINKSTOCK

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Reduce, reuse, recycle on campus

Awareness. Students are taking the initiative to spearhead projects that will save planet

JANE
DOUCET
For Metro

College and university students can contribute to "greening" their campuses in many ways — and they are spearheading several of those

practices themselves.

"Most students are coming to university with some sense of environmental awareness," says Debra Ross, the manager of outreach and partnerships at Dalhousie University's College of Sustainability.

In many cases, students

have pressured their post-secondary schools to adopt more environmentally friendly practices.

At Dalhousie in Halifax, for example, students asked instructors to reduce classroom handouts to save paper and the cafeteria to buy some food from local businesses to reduce its carbon footprint.

Here are a few ways students can live green on Canadian campuses:

Recycle everything you can.

Especially paper! Use both sides of printer paper when you can and the back of old class notes as scrap paper. Put all paper, including newspapers and magazines, in the recycling bin when you no longer need it.

Carry a reusable bottle. Not only will you help decrease the amount of plastic waste on campus but you will also

save money by refilling the bottle at the water fountain or using it for coffee or tea you have made in your residence room or apartment.

Swap out a light bulb. Replacing one regular light bulb with a compact fluorescent bulb will save 150 pounds of carbon dioxide a year.

Use less hot water. Long, hot showers feel great, especially when you aren't directly responsible for paying the heating bill, but it takes a lot of energy to heat water. Take short warm showers instead.

Use the cold cycle. Of the washing machine, that is, to save energy; almost 90 per cent of the energy consumed by a washer goes to heating water. To save even more

In the know

"Most students are coming to university with some sense of environmental awareness."

Debra Ross, the manager of outreach and partnerships at Dalhousie University's College of Sustainability

energy, dry clothes on a rack instead of in the dryer.

Take part in clothing swaps.

Some schools such as Dalhousie hold an annual clothing swap, where students exchange gently used clothes for free. Or shop at second-hand and vintage clothing stores; by recycling clothes you will reduce the use of resources used to make new apparel.

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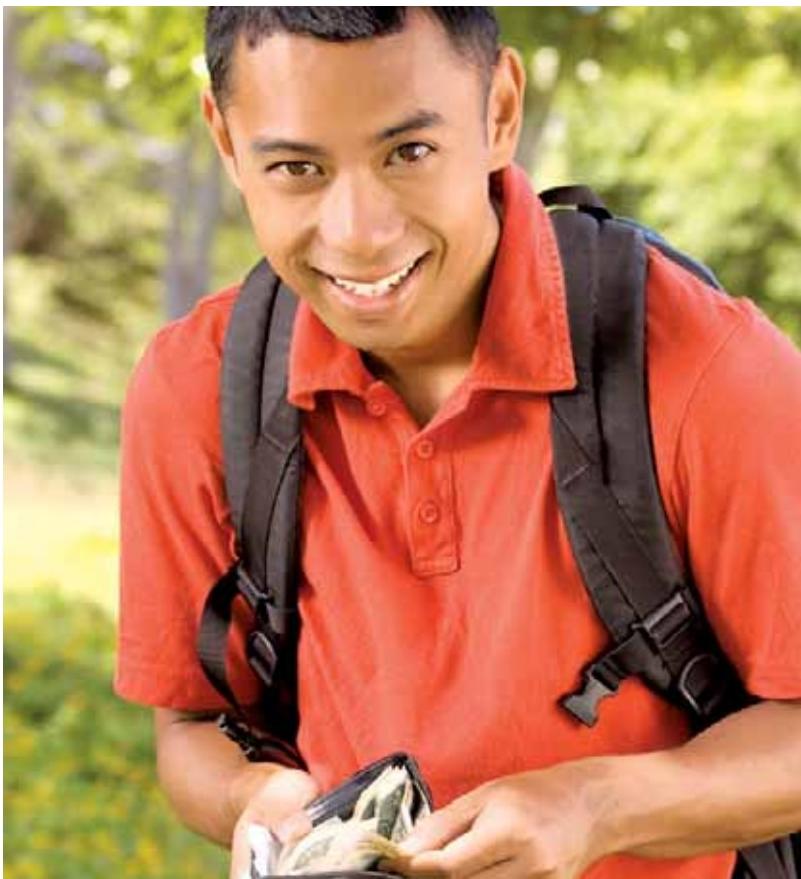
- 3 hours a week on campus improving your grammatical skills
- 2-3 hours a week in conversation classes
- 1 hour a week of virtual assistance
- 8 hours of socio-cultural community activities

The courses start on October 2. Classes are on Tuesday and Thursday evenings from 6:00-9:00 pm. Placement tests will be administered during weeks 2 and 3 in September 2012. The cost of the course is \$486.00.

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A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Students can tackle large expenses resourcefully



FUN AND
FRUGAL
Lesley Scorgie
money@metronews.ca

Thousands of students are

heading back to school this week with high hopes and tight budgets. If you're making financial trade-offs between tuition payments, social activities and quality food, read on.

Living costs, for example, can easily be reduced by having roommates and selecting a place that might be smaller, but has cheaper rent (ensure it's close to a transit system).

Living with extended family, friends, parents or

grandparents can also save a bundle. If your landlord needs repairs or maintenance (mowing and shovelling) done on their property, swap your handy-man/woman services in exchange for a break on rent.

Non-traditional homes can be highly affordable. For example, I know two individuals that rented a mobile home with roommates and a third person who camped throughout school when the weather

Is the next generation prepared to manage their finances?

Alison's Money Rule

The cure for a financially sick society is raising money-smart kids



YOUR
MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing \$153 for every \$100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey

released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transitioning to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon baffles most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pen-

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

sion plans of the boomer generation.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

beverages, gum, cell phone bills, meals and snacks.

School supplies and electronics can be killer expensive so avoid buying unnecessary items. Reuse leftover supplies and buy books used before dumping money into new ones. Use coupons for computers and check out second-hand or refurbished electronics. Last, find free stuff on Kijiji like desks, chairs and book shelves.

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Tuesday, September 4, 2012

Jays first baseman Edwin Encarnacion applies a tag to Baltimore's Manny Machado on a pickoff from catcher Jeff Mathis in Toronto on Monday.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Jays shut down by Saunders' 3-hitter

MLB. Orioles left-hander outlasts Toronto's Happ to earn shutout victory at Rogers Centre

Toronto starter J.A. Happ said he tried not to concern himself about what pitching counterpart Joe Saunders was doing on the mound.

That proved impossible, as Saunders put in a dominating performance. He went five innings without allowing a base runner and surrendered just three hits as the Baltimore Orioles blanked the Blue Jays 4-0 Monday in Toronto.

"You try not to think about it but when you're out there you kind of know," Happ said. "You just want to give us the best chance you can but some-

Monday's game

4	0
Orioles	Blue Jays

times you try to do a little too much and be a little too fine. But I tried to stay aggressive."

Saunders' perfect game bid ended with two out in the sixth inning when Adeiny Hechavarria singled to centre. By then the Orioles had control of the game.

"You try to keep making pitches, you try not to think about it out there," Saunders said. "I just hung a changeup to the nine-hole hitter."

Saunders (7-11) held the

Blue Jays to three hits and two walks in 6 1/3 innings in his second start for the Orioles since they traded right-hander Matt Lindstrom to Arizona for him on Aug. 26.

He lost his first start for the Orioles 8-1 to the Chicago White Sox on Aug. 29, allowing 10 hits and seven runs (six earned).

"Today he settled in a little bit more," Orioles catcher Matt Wieters said. "He was definitely in control the whole game and was able to mix in different off-speed pitches."

Saunders' pitching and two RBIs by J.J. Hardy gave the Orioles (75-59) their 20th victory in their past 28 games. They are second in the American League East and have moved to within one game of the first-place New York Yankees, who lost 4-3 to Tampa Bay.

The Blue Jays (60-74) are last in the division.

"When I got traded over here they had a great thing going," Saunders said. "You just want to come over here and contribute as much as you can. You don't want to mess it up and get blown up a lot."

Happ (10-11) stayed aggressive enough to strike out nine batters in five-plus innings. He allowed six hits and three runs (two earned) in dropping to 3-2 since joining the Blue Jays from Houston in a July 20 trade.

"Their guy threw the ball real well," Happ said. "I was trying to be pretty selective in the pitches I threw to keep us in the game as best as I could. They chased me out of there quicker than I would have liked."

THE CANADIAN PRESS

CFL

Waters calm in kicking Argonauts to late victory

Swazze Waters' 33-yard field goal with 26 seconds left earned the Toronto Argonauts a wild 33-30 win over the Tiger-Cats on Monday in the final Labour Day contest at Ivor Wynne Stadium in Hamilton.

Ricky Ray marched the Argos 51 yards on seven plays to the Hamilton 27-yard line with just over two minutes remaining, setting up Waters' game-winning boot, to the dismay of the sun-drenched gathering of 31,032.

Toronto receiver Chad Owens amassed a club-record 402 combined yards to help Toronto rally for the win.

THE CANADIAN PRESS



Argos receiver Chad Owens

THE CANADIAN PRESS

CFL

Glenn, Taylor grab win for Stamps vs. rival Edmonton

Larry Taylor caught a seven-yard touchdown pass from Kevin Glenn with 63 seconds remaining as the Calgary Stampeders edged the Edmonton Eskimos 31-30 in the annual Labour Day clash Monday.

Rookies Bo Levi Mitchell and Matt Walter had rushing TDs for the Stampeders (5-4), who had lost their previous two home games.

THE CANADIAN PRESS

Mobile sports



With the regular season beginning on Wednesday, NFL officials are still locked out in labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

Serena says 'double bagel' wasn't easy



Serena Williams returns a shot to Andrea Hlavackova during play at the U.S. Open on Monday in New York. JULIO CORTEZ/THE ASSOCIATED PRESS

Serena Williams didn't drop a game in advancing to the quarter-finals of the U.S. Open on Monday.

Williams beat 82nd-ranked Andrea Hlavackova 6-0, 6-0 in 57 minutes. It was the first time in 62 career victories at Flushing Meadows that the three-time U.S. Open champion enjoyed a "double bagel."

"She was fighting really hard," Williams said. "You give people any type of chance, especially in tennis, the match is never over until you shake hands. There is always a comeback available. So

I didn't want to give her that opportunity — or anyone that opportunity — to try to come back, especially her in particular."

Hlavackova, a 2011 French Open doubles champion, had never been past the second round in singles at a major tournament before this year.

Williams will next face Ana Ivanovic, who is finally back in a Grand Slam quarter-final more than four years after her French Open title.

The 12th-seeded Serb beat Tsvetana Pironkova 6-0, 6-4. THE ASSOCIATED PRESS

Fish pulls out vs. Federer

Roger Federer moved on after Mardy Fish pulled out of their fourth-round match Monday for precautionary reasons.

- Fish missed about two months this year with an accelerated heartbeat and had a medical procedure in May. His agent, John Tobias, said "we are not 100 per cent sure what the issue is and if it is related to his previous issues."

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	76	58	.567	—
Baltimore	75	59	.560	1
Tampa Bay	74	61	.548	2½
Boston	62	74	.456	15
Toronto	60	74	.448	16

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	72	61	.541	—
Detroit	72	62	.537	½
Kansas City	60	74	.448	12½
Cleveland	57	78	.422	16
Minnesota	55	79	.410	17½

WEST DIVISION

	W	L	Pct	GB
Texas	80	54	.597	—
Oakland	76	58	.567	4
Los Angeles	72	63	.533	8½
Seattle	66	70	.485	15

Monday's results

Baltimore 4 Toronto 0
Tampa Bay 4 N.Y. Yankees 3
Seattle 4 Boston 1
Texas 8 Kansas City 4
L.A. Angels 8 Oakland 3
Cleveland 3 Detroit 2
Minnesota at Chicago White Sox
Sunday's results
Tampa Bay 9 Toronto 4
Oakland 6 Boston 2
Baltimore 8 N.Y. Yankees 3
Texas 8 Cleveland 3
Kansas City 6 Minnesota 4
Seattle 2 L.A. Angels 1
Detroit 4 Chicago White Sox 2
Tuesday's games
All times Eastern
Cleveland (Masterson 10-12) at Detroit (Porcello 9-10), 7:05 p.m.
Baltimore (Britton 4-1) at Toronto (Villanueva 7-4), 7:07 p.m.
N.Y. Yankees (F.Garcia 7-5) at Tampa Bay (Cobb 8-8), 7:10 p.m.
Minnesota (Diamond 10-6) at Chicago White Sox (Quintana 5-3), 8:10 p.m.
Texas (M.Harrison 15-8) at Kansas City (Guthrie 3-3), 8:10 p.m.
L.A. Angels (Greinke 3-2) at Oakland (J.Parker 9-7), 10:05 p.m.
Boston (Lester 8-11) at Seattle (Beavan 9-8), 10:10 p.m.
Wednesday's games
Minnesota at Chicago White Sox, 2:10 p.m.
L.A. Angels at Oakland, 3:35 p.m.
Cleveland at Detroit, 7:05 p.m.
Baltimore at Toronto, 7:07 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Texas at Kansas City, 8:10 p.m.
Boston at Seattle, 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	111	454	107	151	.333
McCabe, Det	132	514	87	170	.331
Beltre, Tex	129	503	78	160	.318
Jeter, N.Y.	131	559	84	177	.317
Mauer, Minn	124	462	69	146	.316
Fielder, Det	133	480	71	150	.313
Butler, KC	132	501	58	155	.309
Konerko, ChiW	117	438	55	135	.308
A.Jackson, Det	111	441	85	135	.306
TorHunter, LAA	113	429	67	131	.305
RBI — Hamilton, Tex; 11; McCabe, Det, 111; Willingham, Min, 96; Encarnacion, Tor, 95.					
Home Runs — ADunn, Chi, 38; Encarnacion, Tor, 37.					
Stolen Bases — Trout, LA, 42; RDavis, Tor, 40.					
Monday's games not included					

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	82	52	.612	—
Atlanta	76	59	.563	6½
Philadelphia	65	70	.481	17½
New York	64	71	.474	18½
Miami	60	75	.444	22½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	82	54	.603	—
St. Louis	73	62	.541	8½
Pittsburgh	70	64	.522	11
Milwaukee	65	69	.485	16
Chicago	51	83	.381	30
Houston	42	93	.311	39½

WEST DIVISION

	W	L	Pct	GB
San Francisco	76	58	.567	—
Los Angeles	72	63	.533	4½
Arizona	66	69	.489	10½
San Diego	62	73	.459	14½
Colorado	55	78	.414	20½

Monday's results

San Francisco 9 Arizona 8 (10 inn)
St. Louis 5 N.Y. Mets 4
Houston 5 Pittsburgh 1
Miami 7 Milwaukee 3
Philadelphia 4 Cincinnati 2
Atlanta 6 Colorado 1
Washington 2 Chicago Cubs 1
San Diego at L.A. Dodgers
Sunday's results
San Francisco 7 Chicago Cubs 5
Cincinnati 5 Houston 3
Colorado 11 San Diego 10
Milwaukee 12 Pittsburgh 8
Atlanta 8 Philadelphia 7
Washington 4 St. Louis 3
N.Y. Mets 5 Miami 1
L.A. Dodgers 5 Arizona 4
Tuesday's games
All times Eastern
Chicago Cubs (Rusin 0-1) at Washington (E.Jackson 8-9), 7:05 p.m.
Houston (Lyles 3-10) at Pittsburgh (W.Rodriguez 9-13), 7:05 p.m.
Colorado (D.Pomeranz 1-8) at Atlanta (Hanson 12-7), 7:10 p.m.
Milwaukee (Marcum 5-4) at Miami (LeBlanc 2-3), 7:10 p.m.
Philadelphia (Kendrick 8-9) at Cincinnati (Latos 11-4), 7:10 p.m.
N.Y. Mets (Harvey 3-3) at St. Louis (J.Garcia 3-6), 8:15 p.m.
San Diego (Stults 5-2) at L.A. Dodgers (Kershaw 12-8), 10:10 p.m.
Arizona (I.Kennedy 12-11) at San Francisco (Vogelsong 12-7), 10:15 p.m.
Wednesday's games
Philadelphia at Cincinnati, 12:35 p.m.
N.Y. Mets at St. Louis, 1:45 p.m.
Chicago Cubs at Washington, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
Colorado at Atlanta, 7:10 p.m.
Milwaukee at Miami, 7:10 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.
Arizona at San Francisco, 10:15 p.m.
Thursday's games
Philadelphia at Cincinnati, 1:45 p.m.
N.Y. Mets vs. St. Louis, 1:45 p.m.
Chicago Cubs at Washington, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
Colorado at Atlanta, 7:10 p.m.
Milwaukee at Miami, 7:10 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.
Arizona at San Francisco, 10:15 p.m.
Friday's games
Monday's games not included

ORIOLES 4, BLUE JAYS 0

	AB	R	H	BB	SO	Avg.
Markakis fr	3	1	1	1	0	.300
Hardy ss	5	0	2	2	0	.231
Ad.Jones cf	5	0	2	0	1	.284
Mar.Reynolds 1b	4	0	0	0	1	.226
Machado 3b	5	1	0	0	1	.253
McLouth lf	3	1	2	1	0	.355
Ford dh	3	0	0	0	2	.174
Andino 2b	3	1	1	1	1	.222
Totals	34	4	9	4	7	.232

	AB	R	H	BB	SO	Avg.
R.Davis if	3	0	0	1	2	.241
Rasmus cf	4	0	0	0	1	.229
Encarnacion 1b	3	0	0	1	1	.286
Lind dh	4	0	1	0	0	.235
Y.Escobar ss	4	0	0	0	0	.251
K.Johnson 2b	3	0	1	0	0	.226
Totals	30	0	3	0	2	.260

	IP	H	R	ER	BB	SO	ERA
J.Sndrs W, 1-1	6 1/3	3	0	2	2	94	4.63
Ayala H, 11	5 1/3	0	0	1	8	2.64	
Strop	1	0	0	0	2	10	1.83
Ji.Johnson	1	0	0	1	1	11	2.88
Toronto	IP	H	R	ER	BB	SO	ERA

E=Encarnacion (4), Sierra (1), LOB=

Baltimore 14, Toronto 5. 2B=Markakis (26), Hardy (25), McLouth (6). RBIs=Markakis (53), Hardy (25), McLouth (10). SB=Ad.Jones (13), S-McLouth, Andino.

F=Escobar (26), Rasmus (27), K.Johnson (28), Lind (29), Y.Escobar (30), K.Johnson (31).

T=Encarnacion (31), K.Johnson (32), Lind (33), Y.Escobar (34), K.Johnson (35).

W=K.Johnson (36), Encarnacion (37), K.Johnson (38), Escobar (39), Encarnacion (40).

BB=K.Johnson (41), Encarnacion (42), Escobar (43), Encarnacion (44), K.Johnson (45).

SO=K.Johnson (46), Encarnacion (47), Escobar (48), Encarnacion (49), K.Johnson (50).

HR=Encarnacion (51), Escobar (52), Encarnacion (53), Escobar (54), Encarnacion (55), Escobar (56), Encarnacion (57), Escobar (58), Encarnacion (59), Escobar (60), Encarnacion (61), Escobar (62), Encarnacion (63), Escobar (64), Encarnacion (65), Escobar (66), Encarnacion (67), Escobar (68), Encarnacion (69), Escobar (70), Encarnacion (71), Escobar (72), Encarnacion (73), Escobar (74), Encarnacion (75), Escobar (76), Encarnacion (77), Escobar (78), Encarnacion (79), Escobar (80), Encarnacion (81), Escobar (82), Encarnacion (83), Escobar (84), Encarnacion (85), Escobar (86), Encarnacion (87), Escobar (88), Encarnacion (89), Escobar (90), Encarnacion (91), Escobar (92), Encarnacion (93), Escobar (94), Encarnacion (95), Escobar (96), Encarnacion (97), Escobar (98), Encarnacion (99), Escobar (100), Encarnacion (101), Escobar (102), Encarnacion (103), Escobar (104), Encarnacion (105), Escobar (106), Encarnacion (107), Escobar (108), Encarnacion (109), Escobar (110), Encarnacion (111), Escobar (112), Encarnacion (113), Escobar (114), Encarnacion (115), Escobar (116), Encarnacion (117), Escobar (118), Encarnacion (119), Escobar (120), Encarnacion (121), Escobar (122), Encarnacion (123), Escobar (124), Encarnacion (125), Escobar (126), Encarnacion (127), Escobar (128), Encarnacion (129), Escobar (130), Encarnacion (131), Escobar (132), Encarnacion (133), Escobar (134), Encarnacion (135), Escobar (136), Encarnacion (137), Escobar (138), Encarnacion (139), Escobar (140), Encarnacion (141), Escobar (142), Encarnacion (143), Escobar (144), Encarnacion (145), Escobar (146), Encarnacion (147), Escobar (148), Encarnacion (149), Escobar (150), Encarnacion (151), Escobar (152), Encarnacion (153), Escobar (154), Encarnacion (155), Escobar (156), Encarnacion (157), Escobar (158), Encarnacion (159), Escobar (160), Encarnacion (161), Escobar (162), Encarnacion (163), Escobar (164), Encarnacion (165), Escobar (166), Encarnacion (167), Escobar (168), Encarnacion (169), Escobar (170), Encarnacion (171), Escobar (172), Encarnacion (173), Escobar (174), Encarnacion (175), Escobar (176), Encarnacion (177), Escobar (178), Encarnacion (179), Escobar (180), Encarnacion (181), Escobar (182), Encarnacion (183), Escobar (184), Encarnacion (185), Escobar (186), Encarnacion (187), Escobar (188), Encarnacion (189), Escobar (190), Encarnacion (191), Escobar (192), Encarnacion (193), Escobar (194), Encarnacion (195), Escobar (196), Encarnacion (197), Escobar (198), Encarnacion (199), Escobar (200), Encarnacion (201), Escobar (202), Encarnacion (203), Escobar (204), Encarnacion (205), Escobar (206), Encarnacion (207), Escobar (208), Encarnacion (209), Escobar (210), Encarnacion (211), Escobar (212), Encarnacion (213), Escobar (214), Encarnacion (215), Escobar (216), Encarnacion (217), Escobar (218), Encarnacion (219), Escobar (220), Encarnacion (221), Escobar (222), Encarnacion (223), Escobar (224), Encarnacion (225), Escobar (226), Encarnacion (227), Escobar (228), Encarnacion (229), Escobar (230), Encarnacion (231), Escobar (232), Encarnacion (233), Escobar (234), Encarnacion (235), Escobar (236), Encarnacion (237), Escobar (238), Encarnacion (239), Escobar (240), Encarnacion (241), Escobar (242), Encarnacion (243), Escobar (244), Encarnacion (245), Escobar (246), Encarnacion (247), Escobar (248), Encarnacion (249), Escobar (250), Encarnacion (251), Escobar (252), Encarnacion (253), Escobar (254), Encarnacion (255), Escobar (256), Encarnacion (257), Escobar (258), Encarnacion (259), Escobar (260), Encarnacion (261), Escobar (262), Encarnacion (263), Escobar (264), Encarnacion (265), Escobar (266), Encarnacion (267), Escobar (268), Encarnacion (269), Escobar (270), Encarnacion (271), Escobar (272), Encarnacion (273), Escobar (274), Encarnacion (275), Escobar (276), Encarnacion (277), Escobar (278), Encarnacion (279), Escobar (280), Encarnacion (281), Escobar (282), Encarnacion (283), Escobar (284), Encarnacion (285), Escobar (286), Encarnacion (287), Escobar (288), Encarnacion (289), Escobar (290), Encarnacion (291), Escobar (292), Encarnacion (293), Escobar (294), Encarnacion (295), Escobar (296), Encarnacion (297), Escobar (298), Encarnacion (299), Escobar (300), Encarnacion (301), Escobar (302), Encarnacion (303), Escobar (304), Encarnacion (305), Escobar (306), Encarnacion (307), Escobar (308), Encarnacion (309), Escobar (310), Encarnacion (311), Escobar (312), Encarnacion (313), Escobar (314), Encarnacion (315), Escobar (316), Encarnacion (317), Escobar (318), Encarnacion (319), Escobar (320), Encarnacion (321), Escobar (322), Encarnacion (323), Escobar (324), Encarnacion (325), Escobar (326), Encarnacion (327), Escobar (328), Encarnacion (329), Escobar (330), Encarnacion (331), Escobar (332), Encarnacion (333), Escobar (334), Encarnacion (335), Escobar (336), Encarnacion (337), Escobar (338), Encarnacion (339), Escobar (340), Encarnacion (341), Escobar (342), Enc

Anderson is king of wheelchair hoops



Patrick Anderson, left, shoots under pressure from Frederic Guyot of France in May in Manchester, England. JAMIE MCDONALD/GETTY IMAGES

Paralympics. The two-time wheelchair basketball gold medallist has guided Canada to quarter-finals at London Games

He's the player the opposition tries in vain to contain. The ball follows him like a loyal dog. When the ball clangs off the rim or backboard, one hand rises effortlessly above others.

Every sport has a game-changer such as Sidney Crosby or, in his prime, Kobe Bryant.

Patrick Anderson is that in wheelchair basketball.

Sport may be given to hyperbolic language but in Anderson's case, the Canadian lives up to his billing as the best player in the world.

"In every sport, there always comes along a physical specimen who is ideally suited for that particular sport and the guy becomes a superstar," Canadian coach Jerry Tonello says. "We have Pat."

"Pat is the perfect wheelchair basketball machine."

Anderson almost wasn't wearing Canadian colours at the Paralympic Games in London. After winning gold in 2000

In the quarter-finals

- Canada downed Colombia 68-42 on Monday to cap the preliminary round of the Paralympic tournament at 5-0.
- The Canadians will play in Wednesday's quarter-finals.

and 2004 and silver in 2008, Anderson retired. The retirement turned into a two-year hiatus before he returned to the game.

"When I started playing wheelchair basketball, I was

totally inspired by guys telling me about Seoul — guys who had played basketball for Canada in 1988," Anderson said. "I wanted to be that one more time."

With Germany often double-teaming Anderson on Sunday, the court opened up for teammate Bo Hedges to pour in 24 points. Anderson had his second triple-double of the tournament with 25 points, 15 rebounds, and 12 assists.

"You cannot defend against Anderson one-on-one," British player Gaz Choudhry told The Telegraph. "It takes the whole team to defend him."

THE CANADIAN PRESS

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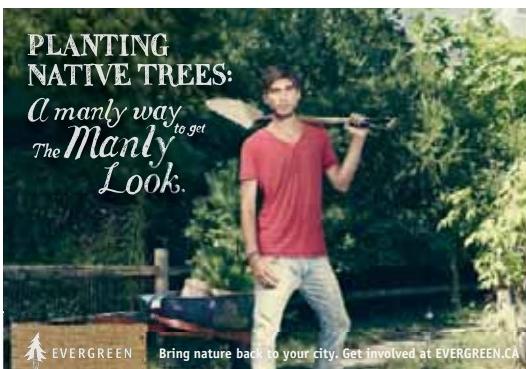
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Horoscopes

Aries

March 21 - April 20

Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

Taurus

April 21 - May 21

You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

Gemini

May 22 - June 21

Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

Cancer

June 22 - July 23

You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

Leo

July 24 - Aug. 23

Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

Virgo

Aug. 24 - Sept. 23

Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

Libra

Sept. 24 - Oct. 23

A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

Scorpio

Oct. 24 - Nov. 22

You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

Sagittarius

Nov. 23 - Dec. 21

Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

Capricorn

Dec. 22 - Jan. 20

The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

Aquarius

Jan. 21 - Feb. 19

There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

Pisces

Feb. 20 - March 20

At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.

SALLY BROMPTON

Crossword: Bits and Pieces

BY MICHAEL WIESENBERG

Across

1. Place to drink
4. ___ Beta Kappa
7. Ocean
10. Operatic solo
12. Insurance adjuster's investigation
14. Big moisturizing products name
15. Red ___: Alberta's third-most-populous city
16. Sound on a tuner
17. Bouquet holder
18. Canada's fourth-largest province
20. Beirut-born Canadian star of *The Matrix* series Keanu
22. Another word for margarine
23. Core groups of trained personnel
24. Elliott of *Ocean's* 11, 12, 13
26. Geometric functions
27. Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnaus
28. Papal language
29. Many a CEO's deg.
32. Center of the eye
33. Stories
34. Ancient France
35. "You've Got Mail!" ISP
36. Tiny bits, from a Greek letter
37. Consume noisily, as soup
38. "No Right Turn ___" (2 wds.)
39. Windsor, Ontario-born singer Shania
40. Bay surrounded by Nunavut, Manitoba,
41. Leafy shelters
42. Gave a hoot
43. Toronto-born Rick of *Honey, I Shrunk the Kids*
44. Surpluses
45. House wings
46. Utopia
47. Gives a ticket
48. Greek deity specialty
49. Trompe l'___: fool-the-eye art
50. "Humpty Dumpty ___ great fall" (2 wds.)
51. On a sundial
52. NWT's Great ___ Lake
53. Lets up
54. Affirmative votes
55. Greens
56. ___ Farrow: Woody Allen's ex
57. Grow dark
58. A Hawaiian island
59. Be in the sun too long
60. Jungfrau or Matterhorn, e.g.
61. Home of the Argonauts
62. Yukon mountain sight

Down

1. Evil
2. Specialty (in education, say)
3. A founder of Manitoba, and a political and spiritual leader of the Métis people
4. A dwarf planet, now
5. "Humpty Dumpty ___ great fall" (2 wds.)
6. On a sundial
7. NWT's Great ___ Lake
8. Lets up
9. Affirmative votes
10. Leafy shelters
11. Gave a hoot
12. Toronto-born Rick of *Honey, I Shrunk the Kids*
13. Surpluses
14. House wings
15. Utopia
16. Gives a ticket
17. Greek deity specialty
18. Trompe l'___: fool-the-eye art
19. ___ la vista, baby!": Schwarzenegger
20. German sub
21. ___ nuit": Good night"
22. Not ___ many words (2 wds.)
23. Attack mosquitoes
24. Smell
25. Brought into alignment
26. ___ tire: Fr.
27. ___ sign: advertising medium
28. Other
29. Québec neighbour: abbr.
30. Use needle and thread

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

7				1		3	9
4			6	8		7	
					5		
7	9					2	5
1						6	
6	2				4	1	
				1			
				7	9	4	8
				1	8	3	4



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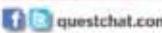
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\$260* Bi-weekly

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• st: 12287-A
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• st: 33948
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\$8,960
\$98* Bi-weekly

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• AWD, Loaded, Roof, Lthr
• st: 33632
• km: 98400
\$16,750
\$184* Bi-weekly

08 Benz B200



• Loaded, A/C, Auto
• st: 34016
• km: 80833
\$17,970
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• AWD, Loaded, Lthr, Roof, Auto
• st: 34149
• km: 40268
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• Std
• st: 34093
• km: 79214
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\$65* Bi-weekly

07 Spectra LX



• Auto
• st: 33706
• km: 33022
\$8,470
\$93* Bi-weekly

09 Honda Fit



• Loaded, A/C
• st: 34251
• km: 55429
\$11,980
\$114* Bi-weekly

08 Volvo XC90



• AWD, Loaded, Roof, Lthr
• st: 33566
• km: 44617
\$26,950
\$283* Bi-weekly

08 Benz ML350 4Matic



• NAV, Loaded, Lthr, Roof, A/C
• st: 33735
• km: 63039
\$33,950
\$356* Bi-weekly

09 Acura MDX



• AWD, Loaded, Roof, Lthr, Auto
• st: 34196
• km: 74784
\$29,870
\$269* Bi-weekly

11 Ford Fiesta SE



• Loaded, A/C, Auto
• st: 33517
• km: 50713
\$13,980
\$119* Bi-weekly

08 Cobalt LS



• Std
• st: 34124
• km: 72981
\$6,570
\$72* Bi-weekly

07 Suzuki Swift



• Loaded, A/C, Auto
• st: 33291
• km: 48697
\$7,340
\$81* Bi-weekly

08 BMW X3



• AWD, Loaded, Roof, Lthr, Auto
• st: 33285
• km: 51156
\$29,650
\$311* Bi-weekly

07 Cadillac CTS



• Loaded, A/C, Lthr, Auto
• st: 33383
• km: 64065
\$16,930
\$186* Bi-weekly

09 Lexus RX350



• AWD, Loaded, Roof, Lthr, Auto
• st: 33019
• km: 54850
\$29,950
\$270* Bi-weekly

08 Accent GLS



• Loaded, A/C
• st: 12245-A
• km: 109989
\$6,380
\$70* Bi-weekly

09 Kia Rio LX



• Std
• st: 34055
• km: 88234
\$7,970
\$76* Bi-weekly

08 Nissan Versa



• Loaded, A/C, Auto
• st: 33909
• km: 97172
\$8,940
\$98* Bi-weekly

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11 FORD E350 XLT SUPER DUTY

LOADED, A/C • 14223km
st:34214 • \$25,860 • bw:\$206***

08 SENTRA

STD • 74251km
st:33831 • \$8,970 • bw:\$99*

12 FOCUS SEL

LOADED, A/C • 9343km
st:33614 • \$20,890 • bw:\$167***

08 HONDA CR-V 4WD

LOADED, A/C, AUTO • 95955km
st:33532 • \$14,850 • bw:\$163*

11 AVENGER SXT

LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • \$16,850 • bw:\$143**

10 MINI COOPER CLUBMAN

LOADED, LTHR, ROOF • 71969km
st:33620 • \$21,650 • bw:\$173***

11 SIENNA LE

LOADED, A/C • 50429km
st:34134 • \$25,950 • bw:\$207***

08 SAAB 9-3 2.0T

LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • \$13,980 • bw:\$154*

10 ESCAPE XLT 4WD

LOADED, A/C, AUTO • 66750km
st:34137 • \$16,860 • bw:\$143**

07 MAZDA CX-7 AWD

LOADED, A/C • 97217km
st:34169 • \$12,860 • bw:\$141**

10 MAZDA 3

STD • 31765km
st:34201 • \$10,970 • bw:\$93***

08 IMPREZA WRX AWD

LOADED, A/C • 82200km
st:34253 • \$19,820 • bw:\$218*

10 PATRIOT 4WD

LOADED, A/C, AUTO • 29794km
st:34195 • \$14,950 • bw:\$127***

07 FORD RANGER SPORT

STD • 88881km
st:34248 • \$8,960 • bw:\$98*

10 GR. CARAVAN SXT

STOW N GO, LOADED, A/C • 62802km
st:33589 • \$16,760 • bw:\$143***

10 TOYOTA MATRIX

LOADED, A/C, AUTO • 55791km
st:33938 • \$14,750 • bw:\$126***

10 CHRYSLER 300

LOADED, A/C • 37776km
st:32861 • \$15,800 • bw:\$134***

11 HONDA CR-Z HYBRID COUPE

LOADED, A/C, AUTO • 10017km
st:33654-A • \$19,460 • bw:\$166***

12 ELANTRA

LOADED, A/C • 13753km
st:34096 • \$15,850 • bw:\$135***

08 MAZDA 5

LOADED, A/C, LTHR, ROOF • 101468km
st:34067 • \$10,980 • bw:\$121*

07 MAZDA RX-8

LOADED, A/C, LTHR, ROOF • 70819km
st:34219 • \$14,980 • bw:\$165**

08 RABBIT

LOADED, A/C • 92582km
st:34270 • \$10,950 • bw:\$120*

08 ACCORD EX

LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • \$13,870 • bw:\$152*

09 SANTA FE

LOADED, A/C, AUTO • 49282km
st:33258-A • \$16,970 • bw:\$162**

10 SENTRA

LOADED, A/C, AUTO • 60529km
st:32385 • \$11,400 • bw:\$97***

08 SONATA GLS

LOADED, A/C, AUTO • 84417km
st:34208 • \$9,960 • bw:\$109*

11 FUSION SEL AWD

LOADED, A/C, LTHR, ROOF • 15190km
st:34153 • \$20,970 • bw:\$167***

11 SUZUKI KIZASHI

LOADED, A/C, AUTO • 34328km
st:33619 • \$16,970 • bw:\$144***

08 ROGUE S

LOADED, A/C, AUTO • 99206km
st:33988 • \$12,840 • bw:\$141*

11 LANCER SPORTBACK

LOADED, A/C • 20170km
st:34002 • \$16,950 • bw:\$144**

11 CAMRY LE

LOADED, A/C, AUTO • 49156km
st:33164 • \$18,550 • bw:\$158***

09 COROLLA CE

LOADED, A/C • 80368km
st:34222 • \$10,650 • bw:\$102**

07 VOLVO S40

LOADED, A/C, AUTO • 77996km
st:34197 • \$14,980 • bw:\$165*

08 RONDO LX

LOADED, A/C, AUTO • 55276km
st:34145 • \$9,380 • bw:\$103*

09 FORD F-150 XL

LOADED, A/C, AUTO • 96779km
st:34160-A • \$13,780 • bw:\$131**

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